



FFs Remember Fallen Comrades On 9-11 - Page 3

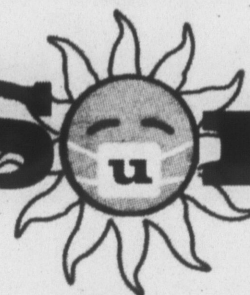
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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 1

Thursday, September 17, 2020

\$1.50



NEVER FORGET - Sons of the American Legion, Squadron 294, Morrisette American Legion Post, held a 9-11 remembrance ceremony last Friday morning marking the 19th anniversary of the 9-11 terrorist attacks "and to honor those innocent lives that were taken by those acts of pure evil," said Squadron Acting Commander Joseph Brill. Here Brill places a memorial wreath at the main flag pole at Flags for Veterans Island as fellow SAL members Paul O'Neill, Robert Lewis and Noel DiBona look on. Terrorists hijacked four commercial airplanes the morning of Sept. 11, 2001. Two planes crashed into the twin towers of the World Trade Center in New York City, one flew into the Pentagon in Arlington, VA just outside Washington, D.C. and a fourth crashed in rural Pennsylvania. Nearly 3,000 people were killed and more than 6,000 were injured. The death toll included 343 firefighters and 72 law enforcement officers.

Quincy Sun Photos Robert Bosworth

Childcare Available For City Parents, Teachers

By SCOTT JACKSON

The Quincy Public Schools are working with a local group to provide childcare to students and the children of staff during times they are learning remotely this school year.

Students in grades one through five are eligible

for the program, according to Supt. Kevin Mulvey. He told the School Committee that 160 children, including 16 children of school staff, were signed up for the daycare program that is being offered in partnership with Quincy After School

Cont'd On Page 11

High Schoolers Could Return To Classrooms Next Month

By SCOTT JACKSON

Students at Quincy's two high schools could return to the classroom on a part-time basis as soon as October under the re-opening timeline approved by the School Committee, nearly one month earlier than initially

planned.

Wednesday marked the first day of classes for students in grades one through twelve. Students in pre-kindergarten and kindergarten will begin school on Monday, Sept. 21.

Cont'd On Page 11

Police Investigating Fatal Stabbing

By SCOTT JACKSON

Police are investigating the fatal stabbing of a 24-year-old Quincy man in Wollaston late Friday night.

Cameron Nohmy, a former Milton resident, was stabbed around 10:45 p.m. Friday, Sept. 11, near the intersection of Hancock and Woodbine Streets in Wollaston, according to David Traub, the spokesman for Norfolk District Attorney Michael Morrissey. Associates of Nohmy contacted police at that time, Traub said.

Nohmy was rushed to Boston Medical Center, where he died.

Quincy and State Police Detectives assigned to the

Norfolk District Attorney's Office are investigating Nohmy's death. Anyone with information is asked to reach out to either agency.

"We know that there were witnesses to this brief altercation," Morrissey said. "We need anyone with information about this incident to be in contact with the Quincy Police at 617-745-5721 or Massachusetts State Police at 617-593-8840 immediately."

Detectives from State and Quincy Police and State Police Crime Scene Services spent much of Friday night collecting potential evidence and processing the scene, Traub said.



QUINCY VETERANS COUNCIL Commander and Sons of the American Legion member Robert LaFleur sounds taps at the conclusion of the SAL 9-11 remembrance ceremony at Flags for Veterans Island on Friday, Sept. 11 - the 19th anniversary of the terrorist attacks. "We will continue to hold remembrance ceremonies like this one and the much larger-scale events now playing out at the State House and around the country, so that those who were not around that awful morning will remember," said Master of Ceremonies Guy Ferris. The Quincy Fire Department also held a 9-11 ceremony. Other photos on Page 3, Page 15 and Page 25.



Bursitis: Causes, Diagnosis, Treatment - Page 9
Vietnamese Restaurant Opening In Center - Page 13
Church Breaks Ground On Building Project - Page 28

More Quincy news:

The Quincy Sun.com



STUDENTS ARRIVING for their first day of class at Quincy Catholic Academy were treated to a rare sight: a Bald Eagle atop a roof on a house on Hodges Street near the school. This photo was taken by Denise Medeiros.

Quincy Access Television Offers Free Zoom Classes To Residents

Quincy Access Television (QATV) invites Quincy residents to take free Zoom classes. QATV is offering virtual classes that can be accessed from home. There are no membership fees required at this time and all classes are free.

Learn how to use your phone as a video camera in iPhone 101 and then learn

how to edit that video in iPhone Editing. These are historic times and QATV is excited to provide residents the tools necessary to capture their day-to-day and successfully tell a story. Although classes are geared towards the iPhone, any smartphone can perform the skills taught.

QATV is offering classes

in Lighting, Documentary, DaVinci Home Editing and Podcasting 101. Class descriptions and class schedules can be found at www.qatv.org/classes.

To enroll in any of the classes, email cthemmen@qatv.org with each class, date and time. For more information, call Quincy Access Television at 617-376-1440.

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ONLINE LEARNING

Vote On \$14M Bond For Special Ed Center Tabled

Mahoney Seeks Additional Information From Koch Administration On Future Projects

By SCOTT JACKSON

City councillors did not vote on a \$14 million bond request to pay for renovations to a planned special education center after Councillor Anne Mahoney tabled the matter to seek additional information from the administration on future projects.

Councillors discussed the bond on Sept. 8 and are expected to take up the matter again on Sept. 21, their next scheduled meeting.

Mayor Thomas Koch is seeking to borrow \$14 million to renovate the office building at 178 Old Colony Ave., which was formerly the Howard Johnson's candy factory, to convert it into a special education learning center. The council in 2019 approved a \$8.5 million bond for the project, which included \$6.8 million to buy the building from Eastern Nazarene College and \$1.7 million for design costs and initial work.

During the Sept. 8 finance committee meeting, Mahoney said a better understanding of future capital projects – including a proposed new public safety headquarters – and their costs is necessary before voting on the additional \$14 million bond for the new special education center.

"Many of our families are going through what we're all going through with COVID-19 and they're also reassessing their priorities in their homes and they're trying to determine what they can do and what they can't do," Mahoney said. "They're expecting the same thing from our government."

"It's not that I'm against this particular project," she added. "I am against having a conversation about spending \$14 million when we don't know what the priorities of our city are."

ties of our city are."

Mahoney then asked that the vote be tabled, to which Ward 1 Councillor David McCarthy, the chairman of the finance committee, agreed. McCarthy said he would work with the administration on getting the information Mahoney requested in time for the Sept. 21 meeting.

Ward 6 Councillor William Harris, at the end of the regular council meeting that followed the finance committee meeting, referred to the outcome of the committee meeting as "bad politics" and raised concern that Mahoney had been able to speak twice during the discussion before other councillors spoke at all.

"It really disappoints me sometimes when I see certain things brought up in this council...and when the right thing isn't done when it should be properly done it's very disappointing," Harris said. "The only people that are really affected are the people that we represent."

Mahoney was not the only councillor to voice concerns about the cost of the project during the finance meeting. Ward 2 Councillor Brad Croall said he was concerned about the financial outlook for the city if further shutdowns occur in the coming months because of the pandemic.

"I think this is a needed resource for the city and I think it would take us to a next level amongst our neighboring cities and towns," Croall said. "Where I get a little concerned is we're in a space where hopefully we're not revisiting where we were three, four, five or six months ago, and if we do, what does that mean for the elasticity, if you will, with respect to our finances."

"I'm just concerned about the timing."

Other councillors signaled their support for the proposal.

Ward 4 Councillor Brian Palmucci called the project a "no-brainer" because it would allow more Quincy students to receive their education in the city, rather than being taken to programs elsewhere, while saving on transportation costs.

"I think this is really just an exceptional project," Palmucci said. "I applaud the school department and the administration, one, for exploring this some time ago, and two, for putting it forward...for me, this is a true no-brainer."

Council President Nina Liang said she was excited for the project, based on her family's experience with special education.

"I'm excited for this building," she said. "Had this building been here when my younger sister was under 26 and able to go through this program, it would have been amazing instead of taking her to Braintree and now Weymouth."

Paul Hines, the director of the city's public buildings department, provided an overview of the planned special education center during the finance committee meeting. When the project was first unveiled, officials said the building could open as soon as September 2021, but Hines said the build out could take up to 20 months. The pandemic has impacted the timeline for construction, he explained.

"It has been thrown in a loop because of the delays caused by the COVID issues," Hines said. "We've had delays getting equipment...for other buildings that are under construction or under renovation because factories in various places in the world have shutdown at varying times. There is a supply line issue throughout the globe that to some

Cont'd On Page 4

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Father Bill's Shelter Gets Lease For New Site

By SCOTT JACKSON

Father Bill's will be moving to a new location on Broad Street where it plans to open a new housing resource center that will offer expanding programming.

The City Council on Sept. 8 unanimously granted Mayor Thomas Koch permission to enter in a 99-year lease with Father Bill's and MainSpring, the organization that runs the shelter, for the new site at 39 Broad St. The non-profit will pay the city \$1 annually.

Father Bill's currently operates a shelter at 38 Broad St. inside a city-owned building. That building, along with the Quincy Animal Shelter at 56 Broad St., will be razed as part of Koch's proposal to build a new public safety headquarters on the site of the present police station at 1 Sea St.

The property at 39 Broad St., home to a single-story commercial building, is one of five parcels in the area the city will acquire as part of the project to build the new public safety building. City councillors had approved a \$32 million bond request late last year that included funds to buy those properties and pay for other costs associated with the project, including architectural fees, environmental and site work, and demolition.

John Yazwinski, the president of Father Bill's and MainSpring, said the new facility planned for 39 Broad St. would be a model that other groups around the country could follow.

"I think it is a bold move and I think it's something not just Massachusetts, but

the rest of the country can look at and say we are really ahead of bringing best practices of how to address homelessness in the city of Quincy," Yazwinski told the council on Sept. 8.

"Now that we've been asked to relocate across the street and build a housing resource center, it's not just a day program. It's not just an emergency shelter. It's also permanent supportive housing."

Plans for the site include a three-story building with a resource center, medical clinic, cafeteria, and emergency shelter on the first floor and 30 units of permanent supportive housing on the two floors above. The emergency shelter would have 75 beds, 30 fewer than the shelter currently has.

The project is expected to cost \$20 million and could take 24 to 30 months to construct. Yazwinski was optimistic he would be able to secure funding for the project from the state.

"We have approached our public sources at the state level and all conversations with them have been very positive about getting this funded this upcoming year," he said.

Because of the amount of money involved, Yazwinski said Father Bill's and MainSpring needs a long-term commitment to the site, either by owning the land or a lengthy lease.

Ward 1 Councillor David McCarthy, in whose district the site is located, asked about the possibility of a shorter term lease. Yazwinski said the state would not provide funding if the lease

was for anything less than 99 years.

"If you're not going to give us 99 years, we do not have a project," Yazwinski said.

The city could begin demolition on Broad Street as early as next spring. Chris Walker, Koch's chief of staff, said Father Bill's would be able to use the

building at 39 Broad St. on a temporary basis while the new facility is built on the same site. That has been the plan since the project first went before the council last

year, he said.

"We understood at that time that there would be a temporary fit-out of that building that would accom-

Cont'd On Page 5



QUINCY FIREFIGHTERS salute during the 9-11 ceremony at Quincy fire headquarters. Last Friday - Sept. 11 - marked the 19th anniversary of the terrorist attacks that killed nearly 3,000 people including 343 firefighters and 72 law enforcement officers. More photos on Page 25. Quincy Sun photo/Tom Gorman

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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

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Moments in time

THE HISTORY CHANNEL

• On Oct. 4, 1861, President Abraham Lincoln observes a balloon demonstration near Washington, D.C. Both Confederate and Union armies experimented with using balloons to gather military intelligence, but they proved to be dangerous and impractical.

• On Oct. 3, 1917, the U.S. Congress passes the War Revenue Act, increasing income taxes to unprecedented levels in order to raise more money for World War I. While only 5% of the U.S. population was required to pay taxes, U.S. tax revenue increased from \$809 million in 1917 to \$3.6 billion the following year.

• On Sept. 28, 1941, the Boston Red Sox's Ted Williams plays a double-header against the Philadelphia Athletics and gets six hits in eight trips to the plate, boosting his batting average to .406.

• On Sept. 30, 1962, in Oxford, Mississippi, James Meredith, an African American, is escorted onto the University of Mississippi campus by U.S. Marshals, setting off a riot that left two men dead. The racial violence was quelled by more than 3,000 federal soldiers.

• On Oct. 2, 1971, "Maggie May" becomes Rod Stewart's first No. 1 hit and tops the U.S. and U.K. pop charts. "Maggie May" was a last-minute addition to the album "Every Picture Tells a Story" and was originally released as the B-side to "Reason to Believe."

• On Sept. 29, 1988, Stacy Allison of Portland, Oregon, becomes the first American woman to reach the summit of Mount Everest, the highest point on earth. Allison climbed the Himalayan peak using the southeast ridge route.

• On Oct. 1, 1993, Polly Klaas is abducted at knifepoint and then murdered by an intruder in Petaluma, California. Her father, Marc Klaas, later lobbied to bring about California's "three strikes" law, which gave life terms to criminals with three felony convictions, even though those committing less serious crimes also could face life in prison.

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Vote On \$14M Bond For Special Ed Center Tabled

Cont'd From Page 2

degree is starting to resolve, but all of that has to be built into the construction schedule."

If the \$14 million bond were approved, Hines noted the full amount would not be borrowed all at once; instead, funds would be borrowed as needed.

The building at 178 Old Colony Ave. stands three stories tall. Classrooms would be located through-

out the building along with other spaces such as therapy rooms. A food service area would be located on the second floor of building with a gymnasium on the third floor; Hines said the design of the gym would incorporate materials to stop the spread of noise elsewhere in the building.

Each classroom in the building would have its own bathroom, which Hines said added to the overall cost of

Harnais Nominated Associate Justice District Court

Local attorney Robert W. Harnais has been nominated as an associate justice of the Massachusetts District Court by Gov. Charlie Baker.

If confirmed by the Governor's Council, Harnais would fill the seat vacated by the Honorable Dominic J. Paratore.

Harnais began his legal career in 1991 as an Associate for the Law Office of John Shorton in Roxbury, a general litigation firm where he represented clients in matters including personal injury, criminal, and care and protection cases in District and Juvenile Court. Previously, he served as a Probation Officer for the Quincy District Court from 1984 until 1988, and as an Investigator for the Massachusetts Department of Revenue from 1988 until 1990.



ROBERT W. HARNAIS

In 1993, Attorney Harnais formed Mahoney & Harnais in Quincy, a general practice firm where he remains a Partner and handles matters ranging from criminal and civil litigation to real estate conveyance and municipal permitting. Since 1999, he has also served

as General Counsel for the Norfolk County Sheriff's Office, and was Acting Norfolk County Sheriff from October 2018 until December 2018.

Attorney Harnais is a member and past president of numerous professional organizations, including the Massachusetts Bar Association (President 2015 - 2016), the Massachusetts Association of Hispanic Attorneys (President 2004 - 2006), and the New England Bar Association (President 2016 - 2017). He has also served as Chairman of the Braintree Planning Board since 2008, and as Vice Chair of the Governor's Latino Advisory Board since 2017. Attorney Harnais earned his Juris Doctorate from New England School of Law and his Bachelor's Degree from the University of Massachusetts Boston.

The District Court hears a wide range of criminal, civil, housing, juvenile, mental health, and other types of cases. District Court criminal jurisdiction extends to all felonies punishable by a sentence up to 5 years, and many other specific felonies with greater potential penalties, all misdemeanors, and all violations of city and town ordinances and bylaws. In civil matters, District Court judges conduct both jury and jury-waived trials, and make final determinations on any matter where the likelihood of recovery is no more than \$50,000 (for cases commenced on or after January 1, 2020). The District Court also tries small claims involving up to \$7,000 (initially tried to a magistrate, where the defense has a right of appeal either to a judge or a jury).

No Pandemic Shutdown For Scammers; They Are Still On The Prowl

COVID-19 may have shut down portions of the economy and put restrictions on Americans' daily lives, but cyber scams and other efforts to defraud people continue to thrive.

"Scammers are tapping into the uncertainty related to the global pandemic," says Chris Orestis, the president of LifeCare Xchange who is known as the "Retirement Genius" (www.retirementgenius.com).

"They are using social engineering to target people with tactics that take advantage of today's technology. Seniors need to be especially mindful of the mechanisms that have been explicitly designed to target people in retirement."

Some scams to be on the lookout for include:

• **Dishonest retailers.** Many dishonest retailers and fake products are popping up, Orestis says. "The shortage of toilet paper, hand sanitizer, soap, and masks at the beginning of the quarantine resulted from people's panic," he says.

"The fear of scarcity created a gateway for scammers. Fraudulent online retailers are showcasing these items as bait, especially medical supplies." But they don't have any inventory, so stick with reputable stores, Orestis says. Scammers also try to sell products to prevent or cure COVID-19, even though they do not exist. "Anyone who receives a message from someone selling any of these items should not respond," Orestis says.

• **Phony advertisements.** Scammers also try to advertise hard-to-find products through social media, email or ads that pop up on certain sites. Avoid clicking on anything unfamiliar because cyber criminals may be trying to steal your personal information or infect your computer with a virus, Orestis says. "Be cautious of people who try to contact you under odd usernames and do not have a profile picture," he says. "If anyone asks for your personal information or invites you to

click on a link, block them immediately or report them as spam."

• **Government or organization disguises.** Is a government official or someone from the CDC or from the World Health Organization trying to contact you? Maybe, but probably not. Scammers often try to convince potential victims that they are with a legitimate agency or group, Orestis says. "For example, an email might claim that there have been new COVID-19 cases in your area and ask for your personal information to see if you have been in contact with anyone infected," he says. "Be suspicious of any COVID-19 related emails and use only official government websites to get information about the virus."

• **Fake charities and crowdfunding.** Criminals have also created counterfeit charities and crowdfunding sites. They ask for money in the form of cash, gift cards, and wire transfers. "Real charities will

never use these resources," Orestis says. "Be sure to use reputable sites and research the charities you want to donate to for coronavirus relief."

• **Phone scams.** Phones are still the No. 1 way scammers target seniors, both through calls and text messages. The Federal Communications Commission warns about these methods being used by people who claim to be the IRS or have coronavirus treatments, at-home testing kits, and vaccinations. "If you receive a robotic voice call, do not press any buttons or return any calls," Orestis says. "Hang up immediately. If you receive text messages regarding this information, do not respond or click on any links."

"It's important to be wary of these and other scams, both off and online," Orestis says. "The more conscious people are of how scammers are trying to trick them, the less likely they are to fall for one of those tricks."

schoolers.

Erin Perkins, the school district's acting assistant superintendent, said she expects enrollment at the learning center to grow quickly once it opens.

"I think we're going to see a lot of children coming back once we can show them the program and show them what it looks like and show them this unbelievable state-of-the-art building,"

she said. "I've had people call from other districts asking if we're open yet to take students for tuitioning in."

"I think there is a lot of interest."

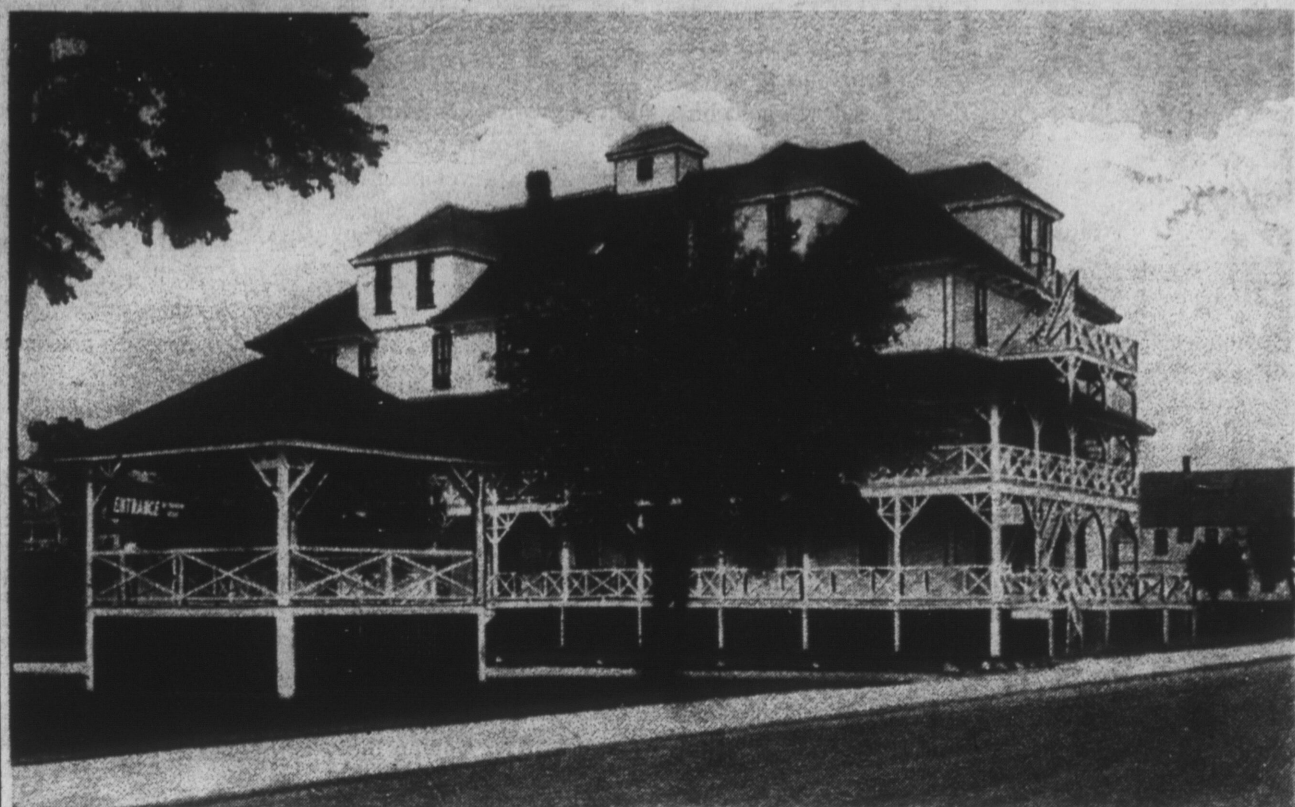
Quincy Public Schools Supt. Kevin Mulvey said the new learning center, which will be named in honor of his predecessor, Richard DeCristofaro, "is just going to be transformative for these kids."

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Scenes From Yesterday



THIS IS A 1930s postcard view of the Hotel Taylor that was on Fensmere Avenue at the end of Houghs Neck. Thomas Taylor and then his wife, Jane, operated this hotel for almost 20 years until it closed down in the late 1930s. It had 40 rooms all with outside windows, most with ocean views. The Taylors also operated a poolroom, bowling alley and a ballroom on their property. Built

as The Fensmere Hotel in 1900, it was later named The Crystal Lake Hotel and then The Pandora before Taylor bought it. The four-acre site included a salt-water pond with a small island. Guests used the pond for canoeing. The property was later taken by the city as the site for the old Great Hill School and is now used for a public park. *From the Tom Galvin Postcard Collection*

READERS FORUM

Task Force: Vast Gulf Between Police Officers And Residents

Despite following the Civil Service hiring process, our police force keeps hiring the same people. Freedom of information requests show that, of the 226 people on our police force, 216 of them (95.6%) are white. For comparison, 2018 data show that 56.9% of Quincy residents are white.

At 31.6%, Asian-Americans are the second largest percentage of Quincy residents. However, only 6 members of our police force—less than 3%—are Asian-American.

For citizens who identify as Black, the numbers are 6.2% for the city and 1.2% for QPD. The 2% of Quincy residents who identify as Latina or Latino are represented by a single officer (0.4%) in the police department.

Women are also woefully under-represented. There are just 23 women compared to 203 men on the force.

Is serving as an officer important, dangerous, strenuous, and stressful? Yes! However, that's no reason it's a job only for white men. The Police Department is funded by our tax dollars, and all residents should have equal access to these salaries, pensions, health insurance plans, and the opportunity of civic responsibility.

Any arguments along the lines of "We followed the Civil Service process—this is just what happened" don't hold up to scrutiny. The Civil Service process was put in place to support fair and equal access to these positions. If the outcome is not a representative group of employees, it either means that the process has been gamed or that no one is paying attention to the outcomes. Neither reason is acceptable from the perspective of good governance.

The solution could be to leave Civil Service system and establish our own hiring practices that promote a more representative police force, or to petition the state to adopt diversity as one of the criteria for the order of the list. Experts

in this area will have suggestions for how to best increase diversity, but our police force is too important to be run as a guild that is closed to wide swaths of Quincy residents.

The numbers as they stand are poor and unacceptable. They show that there exists a vast gulf between the police officers and the residents of Quincy, one that has been growing for years, even decades. This is not what a fair and equitable system looks like.

These numbers need to start moving in a more representative direction as a first step in addressing the systemic issues with how the police force impacts people of color, particularly Black residents. If the numbers don't change, they are proof all by themselves that our representative government is not representing all of its citizens.

#QPDSoWhite needs to change.

Quincy For Transformative Change Policing Accountability Task Force

Tiffany Adams, Vicki Schow, Nicole DePace, Lindsey Lo, Nicole Olusanya, Reverend Mat Thomas, Jessica Whitney, Vincent Su, Maggie McKee, John W. Nielson, Holly Nichols, Lauren Cardarelli, Kerry Donohue, Kristal Enter, Nicole Peterson, Fiona McGarry, Syndie J. Cine, Jaye Samuels, Marianne Balsamo, Matthew G. Valencius, Jonathan Noel, Gilana M. Rosenthol, Marcie Lieberman, Justina Gilliam, Matthew Gulino, Haruka Yuki, Laura Hahn, Cassie Jenness, Julene Tegerstrand, Justyn Dooley, Fahema Rahman, Jamie Siebenaler, Joe Herosy, Beth Herman-Davis, Anita Gulino, Kendall Kelleher, Catherine Anderson, Sue Doherty, Beth Eromin, Grace McDonough, Stacey Gudoshnik, James P. Hahn, Marianne Balsamo, John Jannetty, David Shiga and Casey Dooley.

Quincy's Yesterdays

This Week
1957
63 Years Ago

Plan To Borrow For Parking Areas Meets Snag

The plan to borrow money this year for the purchase of off-street parking areas for Wollaston and Norfolk Downs was stymied when Alexander Smith, city auditor, advised that such a borrowing was impossible because the city had provided no qualifying fee for such takings.

Mayor Amelio Della Chiesa said he would discuss with councillors that possibility of using parking meter receipts and the possibility of other reserve funds to proceed with the proposal.

In a recent public hearing, North Quincy merchants and the Chamber of Commerce urged the council to make the takings.

BETHELEM STEEL HAS 49% OF U.S. MERCHANT SHIP WORK

Bethlehem Steel Corporation's shipbuilding division holds contracts for nearly half—49.6%—of the new deadweight tonnage of merchant ships being built in American shipyards.

Of this total, 1,073,550 tons or 26.7% will be built at the Fore River Shipyard. Fore River will build 19 tankers ranging in size from 16,000 to 105,000 deadweight tons.

A keel was laid this week for the first of five 46,000-deadweight ton tankers that the Fore River Shipyard will build for the Onassis' interests.

The Quincy shipyard has six other ships in various stages of construction.

QUINCYISMS

A bronze plaque was unveiled in memory of the late president of the Shipbuilders' Workers Union, **Donald Edmonston**, who died May 5... Stop n' Save Super Markets, 20 Independence Avenue, South Quincy, was advertising "Fresh Veal Cutlets, 69 cents a pound, Regular Price, 99 cents a pound. You save 30 cents a pound"... Three Quincy women began training at the Massachusetts General Hospital School of Nursing. They are **Miss Judith Ann Garron**, daughter of Mr. and Mrs. George Garron, North Quincy, **Miss Susan Noble**, daughter of Mr. and Mrs. Clinton Noble, Wollaston and **Miss Patricia Louise Frazier**, daughter of Mrs. Louise Frazier, Quincy Point... Sears, Roebuck, 1591 Parkingway, Quincy Center, was offering "Big 21-Inch Televisions for the 'Low Price' of \$138"... **David Wainio**, son of Mr. and Mrs. Einar Wainio of 138 Center St., Quincy, was awarded a four-year scholarship to Dartmouth College. David graduated from Quincy High School where he was class president... The problem of transportation of students to Broad Meadows Junior High School was to be discussed at an upcoming meeting of the Houghs Neck Community Council... **Gerard A. Coletta, Jr.** was installed recently as the commander of the Robert I. Nickerson Legion Post and **Mrs. Carl O. Larsen** was installed as president of the women's auxiliary... **Katherine A. Gartland**, Wollaston and **Donald Riley** of Quincy participated in Freshman Registration Day at Stonehill College... Duggan Brothers, 131 Hancock St., North Quincy, noted, "We Haven't the Most, But We Have the Best, OK Used Cars". The Strand Theater, Chestnut St., Quincy, was featuring Gary Cooper, Audrey Hepburn and Maurice Chevalier in "Love in the Afternoon"... **Mrs. Janet Brigette** and **Miss Carol Schuerch**, both of Quincy, were graduates of the Quincy Hospital School of Nursing... **Elliot Olans**, 5 Edgemere Rd., Quincy, was elected president of Probus International. Probus International is made up of service clubs comprising members of the Jewish faith in business and the professions... **W. Gordon Clark** of Vulcan Tool Company as been named Chairman of the Manufacturing Divisions in Quincy's First United Fund Drive... **Cornelius Keohane**, funeral director in Quincy, was elected president of the Massachusetts Funeral Directors Association during the association's 66th annual convention at the New Ocean House in Swampscott... The Manet Lunch, Sea St., Houghs Neck, was offering: steamed clams, fired clams, clam chowder as well as other seafood dishes... The anniversary committee planning the 125th anniversary celebration of Bethany Congregational Church included **Walter Piper**, chairman, **Miss Muriel Goudey**, **Edward A. Bohlken**, **Mrs. Gilbert Crofts** and **Rev. John D. Banks**.

Fr. Bill's Lease For New Site

Cont'd From Page 3

moderate the immediate needs of Father Bill's at the point the time came when the city was prepared to move relative to its construction and at the same time allow for construction of the new facility at the same location," Walker said.

"We're working very closely together. It's not uncomplicated to make this happen, but that has been the goal and the plan from day one."

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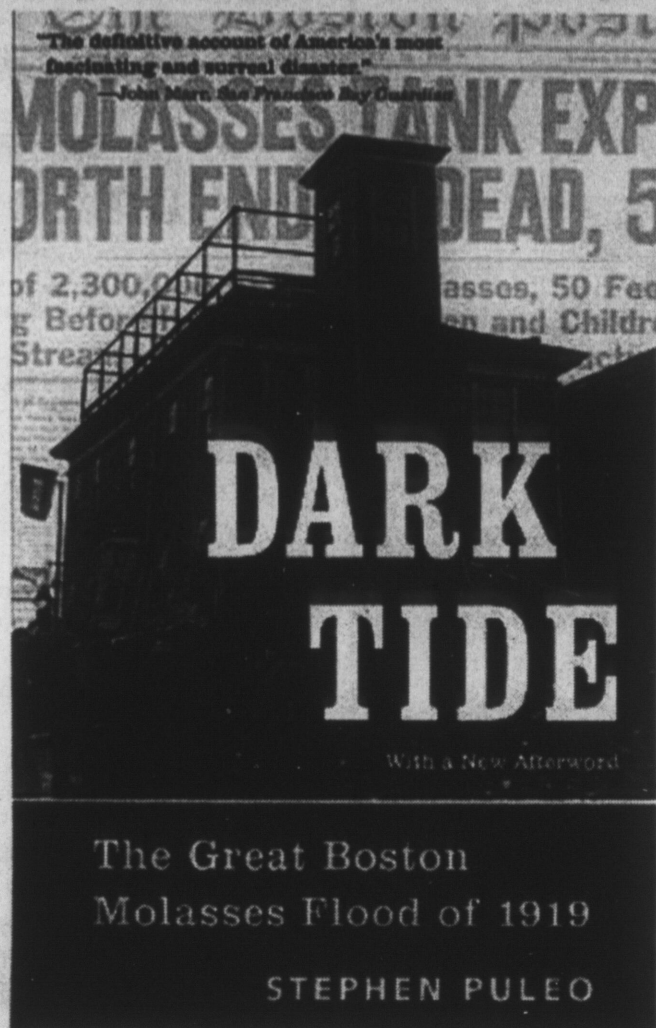
MPL Virtual Book Clubs

The Milton Public Library has scheduled more fun ongoing virtual programs for adults in September which the public is invited to attend.

Library Director Will Adamczyk will host his Local History Book Group on Zoom Wednesday, Sept. 16 at 7 p.m. The book to be read in advance is *Dark Tide* by Stephen Puleo which tells the story of a 50-foot-tall steel tank filled with 2.3 million gallons of molasses that collapsed on Boston's waterfront on January 15, 1919.

The accident demolished wooden homes and more with a 15-foot foot wave of molasses that descended on the city. The number of dead wasn't known for days and it would be years before a landmark court battle determined who was responsible for the disaster. Call the Reference Dept. at (617) 898-4964 to place a reserve on a copy of the title; also advance signup is required to participate at this link: <https://tinyurl.com/y5h8u7xz>

Also there will be another online meeting of the "Celebrity Book Club" with Sally Lawler and Sara Truog on Wednesday, Sept. 23 at 7 p.m. via Zoom. Read what the celebrities are reading and join Celebrity Book Club! These library staff members will lead you in a fun, relaxed discussion of books recommended by popular celebrities (note: sadly they are unlikely to attend our meetings). The next book is *A Hundred Suns* by Karin Tanabe which was recommended



by Zendaya. Registration in advance is required at our website and for copies of the book, reserve one online using your library card or call (617) 898-4964. You can sign up here: <https://tinyurl.com/y5h8u7xz>

There will be a meeting of the "Virtual Cookbook Club" on Wednesday, Sept. 30th at 6:30 p.m. This is a group of adults who enjoy cooking and sharing food together.

Join Sara Truog and Connie Spiros by going to the Milton Library website: www.miltonlibrary.org and click on events from the main page to read the details about this month's book called: Cookbook

TBA. The title is available via Hoopla, you can borrow a copy by reserving one at the Reference desk (617-898-4964) or you can place a hold online using your library card. All the details about the chat are found at this link, where you can also register: <https://tinyurl.com/y5h8u7xz>

These adult programs are kindly sponsored by the Friends of the Milton Public Library and are free and open to the public. Once you sign up, a Zoom link will be emailed to you on the day of the event.

For more information, email Head of Reference Jean Hlady at jhlady@ocln.org or call (617) 898-4964.

SS Children's Chorus Programs

South Shore Children's Chorus (SSCC) announces Engage, its innovative series of fall programs to accommodate safety guidelines during the current Covid-19 pandemic.

Virtual and hybrid leveled program options are now open for registration for student singers in kindergarten through 12th grade. Each program offers program-specific optional in-person bonus outdoor rehearsals, weather permitting, at the Quincy Point Congregational Church, 444 Washington St., Quincy.

Through positive encouragement and an uplifting environment, choristers learn to be confident and enjoy using their voices. Non-auditioned programs are offered beginning the week of Oct. 4 by staff educators, under the direction of founding Artistic Director Kirsten Oberoi.

For students in kindergarten through second grade, *Pajama Jamz* inspires young musicians to share beautiful music and stories. Over the course of eight weeks, students explore children's literature, songs and movement all aimed at developing musicality dressed in pajamas from home! Families have the flexibility to register for any combination of individual classes, or the discounted 8-class package. Virtual classes will be held via the Zoom platform.

For students in grades 3 through 6, *Sing to the World* offers a virtual ensemble to meet new friends in the South Shore area who love to sing through this eight-class package. This weekly vocal class that dives into

fundamental vocal skills and general musical elements through engaging music, games and a bubbly social environment. Singers join their voices together in song while developing vocal skills. Virtual classes will be held via the Zoom platform.

For students in grades 7 through 12, *Voice Technique Fundamentals* explores how the voice actually sounds, and what teen singers can do to make that sound confident and beautiful. This eight-class package explores the fundamentals of vocal technique to improve singing. Knowledge and understanding of basics facilitate youth vocalists in choral singing, classical solo singing, musical theatre technique and more. Special guest expert speakers delve into topics on voice anatomy, audition skills and body awareness.

Rise to it Now, a companion program for students participating in Voice Technique Fundamentals, is offered in collaboration with Boston's professional acapella group ELEVATE. SSCC's Advanced Choir singers create a music video and professional recording of "Rise to it Now" by Moira Smiley. Singers meet virtually for rehearsals, sectionals and masterclasses with ELEVATE singers. Learn about the contemporary acapella style, the mechanics of group sound and vocal percussion. Singers individually record their vocal part with the support of a professional audio engineer and participate in a socially

distanced music video.

Piano Skills for Singers offers singers the opportunity to bolster their musical skills this fall with in-person lessons with SSCC staff accompanist Lynn Salmonsén. This eight-week course offers essential piano skills for singers for all ages. Improve music reading skills, confidence and enjoy a discounted rate by bringing a friend. No prior piano experience necessary. Sessions are available in Quincy or East Milton.

Other piano centered programs include individual traditional piano lessons, piano skills for singers and understanding and seeing, a music theory-based course offering learning at the keyboard.

Founded in 2016, by colleagues Kirsten Oberoi and Carey Shunskis, South Shore Children's Chorus's mission is to provide quality musical education and vocal training to students living in the South Shore communities and beyond. SSCC reveres the development and well-being of its students as a top priority, aiming to create a safe space and loving community for choristers to learn, grow and to find their own voice. Its programs serve dedicated, responsible singers ages 4 to 18 who are interested in a well-rounded choral education. SSCC has collaborated with several music organizations including The Treble Chorus of New England, Genesis Chamber Singers, Quincy Choral Society and Atlantic Symphony Orchestra.

Woodward School Students Back In School

The Woodward School welcomed students back to classes last week in their recently renovated, historic schoolhouse at 1102 Hancock St., Quincy.

Woodward invested \$7 million to enhance their students' experience resulting in a healthy and safe environment as well as state-of-the-art technology. The Woodward staff have been preparing all summer to implement CDC guidelines at the School so that students could be with their friends in class.

"Woodward cares about every student, they are not just a name there," said Pamela Everhart, Parent '21 from Boston. "It's a small

school where they are teaching students to be leaders. I'm looking forward to them returning to class - in a safe way."

Moving forward, all of Woodward School students will be in class sessions on Monday, Tuesday, Thursday and Friday with Wednesday being a learn at home day.

Woodward School is welcoming transfer students this fall. To hear more about the Woodward School learning experience, join a Virtual Open House held on Wednesday mornings, 8:30 to 9:30 a.m. RSVP at <https://www.thewoodward-school.org/Woodward-SchoolEventRegistration>

QATV To Air 'Classic High School Sports'

Due to the COVID-19 pandemic, fall high school

sports will have a delayed start, football will begin in

the "Fall II" season starting in February 2021. To

fill the sports void, Quincy Access Television (QATV) announces "Classic High School Sports" which will air on QATV-8 throughout the fall.

QATV will air classic football, volleyball and soccer games from Quincy and North Quincy high schools. Monday and Friday nights will be dedicated to football and Wednesday nights will feature girl's volleyball and soccer.

All classic games will begin at 8 p.m. on QATV-Channel 8.

The fall schedule will wrap up with a week of classic Thanksgiving football games, concluding on Thanksgiving Day with a replay of the 2019 Thanksgiving football game.

For a complete schedule, or to watch classic games on demand, visit www.QATV.org/ClassicSports.

For more information visit www.QATV.org or call 617-376-1440.

Quincy Access Television
88 Washington Street
Quincy, MA 02169

Find us on Facebook

www.qatv.org
617-376-1440
617-376-1441

Follow us on Twitter

Public Access Channel 8	Government Access Channel 9
<p>Thursday, September 17 5:00pm: Bethany Congregational Church 7:00pm: AM Quincy: Quincy Farmers Market</p> <p>Friday, September 18 11:30am: Currently in Quincy 8:00pm: NQ vs. Sharon Football '09</p> <p>Saturday, September 19 12:00pm: On the Road with Jazzy Bill 7:00pm: The Call</p> <p>Sunday, September 20 10:00am: Bethany Congregational Church 11:30am: Good News</p> <p>Monday, September 21 11:30am: Currently in Quincy 8:00pm: QHS vs. Plymouth So. Football '02</p> <p>Tuesday, September 22 7:00pm: AM Quincy: Mayor Thomas Koch 8:00pm: Interview with Kalja Pakkala</p> <p>Wednesday, September 23 5:00pm: Good News 7:00pm: The Call</p>	<p>Thursday, September 17 9:00am: Healthy Bones & Balance 6:00pm: Update DPW: Fall Season 7:00pm: Ragtime & All That Jazz: 2016</p> <p>Friday, September 18 6:00pm: Media Advisory: 9/11 Remembrance 7:00pm: National POW-MIA Recognition Day 7:30pm: Zoning Board of Appeals 9/15</p> <p>Saturday/Sunday, September 19/20 8:00am: MA House of Reps Session 9/10 10:30am: At Your Library: September Happenings 4:30pm: Zoning Board of Appeals 9/15 6:00pm: Update DPW: Fall Season 7:00pm: St. Johnsbury 1830 Band Performance 8:00pm: National POW-MIA Recognition Day</p> <p>Monday, September 21 7:30pm: LIVE: Quincy City Council</p> <p>Tuesday, September 22 12:30pm: At the Kennedy Center: Eldys Yoga II 8:00pm: Board of License Commissioners 9/22</p> <p>Wednesday, September 23 6:00pm: LIVE: Quincy School Committee</p>

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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TWO QUINCY DENTISTS – Dr. Claire McCarthy (left) and Dr. Christopher Jacob Ward (right) – were recently recognized among the 2020 “10 Under Ten” by the Massachusetts Dental Society. Here they receive their plaques from MDS President Dr. Janis Moriarty.

Courtesy Photos

Two Quincy Dentists Recognized By MDS

Quincy dentists Dr. Claire McCarthy, a general dentist practicing with Dental Associates, and Dr. Christopher Jacob Ward, a general dentist practicing with Q Smile Dental Spa, have been recognized among the 2020 “10 Under Ten” by the Massachusetts Dental Society (MDS).

Established by the MDS in 2005, the annual 10 Under Ten list highlights new dentists in Massachusetts and their diverse impacts on the dental profession.

To qualify for the recognition, dentists must have graduated from dental school within the past 10 years, be an MDS member, and have made significant contributions to the profession, their community, and organized dentistry.

Dr. Claire McCarthy knew that she wanted to be a dentist since the seventh grade.

“Dr. Deborah Himelhoch was my orthodontist when I

was in middle school, and she was such an inspiration to me,” Dr. McCarthy said. “She had double specialized in pediatric dentistry and orthodontics and she really took me under her wing. As a young girl, it was so inspiring to me to see a woman who was so in control of her career, her office, and her whole path in life. She really inspired me to seek out dentistry as a career.

“Nothing is better than helping people,” Dr. McCarthy added. “It’s a privilege to be able to change the lives of my patients and improve their health and smile.”

Dr. McCarthy, who is a native of Wayland, received a Bachelor of Science degree in biology from Georgetown University in 2011. She earned a Doctor of Dental Medicine from Tufts University School of Dental Medicine in 2015. After graduating from dental school, Dr. McCarthy

spent a year at Stony Brook University completing a general practice residency, expanding her knowledge of general dentistry, implant restorations, and emergency dentistry.

Dr. McCarthy is an active member of the MDS, having previously served on the New Dentist Committee, the Committee on Ethics, and the Council on Communications. She now serves as co-chair of the MDS Membership Committee. In addition to the MDS, Dr. McCarthy is a member of the American Dental Association and the South Shore District Dental Society.

Dr. Christopher Jacob Ward also knew that he wanted to be a dentist from a very early age.

“I grew up in a dental office,” Dr. Ward said. “My grandfather was an orthodontist in Westchester, N.Y. When I was young, I would play with all the planes and toys the office kept for all

the pediatric patients. I grew up loving the dental office, and by the age of five I had already chosen my profession.”

Dr. Ward added, “Three of my aunts and uncles became dentists, so, as I grew, I was able to spend even more time learning about dentistry and fell in love with the art.”

Today, Dr. Ward enjoys seeing the faces of patients when they look in the mirror and see their new smiles.

A native of Hingham, Dr. Ward pursued his undergraduate education at the University of Massachusetts Amherst and earned his Doctor of Dental Medicine from Boston University Henry M. Goldman School of Dental Medicine in 2018. In addition to the MDS, he is a member of the American Dental Association and the South Shore District Dental Society, in which he currently serves as secretary.

Social Security Matters

Ask Rusty – Can I Claim My Widow’s Benefit At Age 57?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: My husband passed away in 2001, and he paid into Social Security every year he worked, which would be over 30 years. If he were alive today, he would be 75 years old. I am 57 years old and still working full time. Am I able to collect his Social Security benefits now since I am still working? **Signed: Widowed Worker**

Dear Widowed Worker: You are not eligible to collect a survivor benefit from your deceased husband if you have remarried, and you cannot collect the survivor benefit until you are at least 60 years of age. And, if you claim at age 60, the survivor benefit will be reduced by 28.5% from what it would be if you waited until your full retirement age (FRA) to claim it (your full retirement age is 67). Any time any Social Security (SS) benefit is taken before FRA, it is reduced.

You can claim only your survivor benefit (not your own SS benefit) at age 60, but whenever benefits are taken before full retirement age, and you are still working, you are subject to Social Security’s “earnings test” which limits how much you can earn before Social Security takes back some of your benefits.

The earnings limit for 2020 is \$18,240 (it changes yearly) and if the limit is exceeded Social Security will take back benefits equal to \$1 for every \$2 you are over the limit. Such lost survivor benefits are not recoverable. Social Security publishes next year’s earnings limits in the fall of each year prior, so what the earnings limit will be when you reach age 60 isn’t yet known, but it will be an amount that is more than the 2020 limit.

Assuming you will also be eligible for your own Social Security benefits from your own lifetime work record, you should evaluate which benefit, at maximum, will give you the highest benefit amount. If that is your survivor benefit from your husband (which, at your FRA, would be 100% of the benefit your husband was collecting when he died), then you should consider maximizing the survivor benefit by not claiming it until you reach your FRA. If money is needed earlier, you could claim your own SS benefit as early as age 62 and allow your survivor benefit to reach maximum at your FRA. Conversely, if your own Social Security benefit from your own work record will be higher at maximum than your survivor benefit, then you could claim your survivor benefit first and delay claiming your own benefit until it reaches maximum at age 70 (your own benefit will be 24% more at 70 than it will be at your FRA). Your goal should be to get the highest possible benefit for the rest of your life and comparing these two options will permit you to do that. You can find out your estimated benefit amounts in both cases by contacting Social Security.

And remember, if you decide to claim your own benefit before your FRA that, too, will be subject to the earnings limit until you reach your FRA, after which there is no longer a limit to how much you can earn.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Crane Library Opens For Technology Services

The Thomas Crane Public Library, 40 Washington St., Quincy is open for computer use and print, copy, scan and fax services.

Adults and teens can make an appointment or walk in for a one-hour session at 10 a.m., 11:30 a.m., 1 p.m. or 2:30 p.m. daily, Monday through Saturday. There are five appointment slots and one walk-in slot per session.

Up to 20 free pages of prints or copies will be provided per person. Scan and domestic fax services are free and self-serve.

“As we continue to restore services during the COVID-19 pandemic, providing free public access to computers, Internet and other technology services is an important way the library can address the digital

equity divide in our community,” said library director Megan Allen.

The library also offers safe outside pickup of library materials and print-

outs at its 40 Washington St. location, as well as many free online resources for all ages.

Residents can call 617-376-1300 to receive person-

al assistance from a librarian Monday through Thursday from 9 a.m. to 9 p.m. and Friday and Saturday from 9 a.m. to 5 p.m. The Library also provides assistance via live chat, text and email.

For more information about library services, visit thomascranelibrary.org.

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WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

**Stuffed Meatballs**

By MARIE

I think most of us like meatballs as they are – but I think most of us also like stuffing. So, today's recipe has those two delicious ingredients blended together.

How to you like it so far? Everyone has their own recipes for both items but I have put both of them below.

Directions:**EASY MEATBALL RECIPE**

- 1 pound of ground beef, or any preferred meat
- 1 egg
- 1 teaspoon of basil
- 2 tablespoons of grated Romano or parmesan cheese
- ¼ cup of bread crumbs (I use seasoned breadcrumbs)

STUFFING MIX

- 1 stalk of celery, diced
- 1 small onion, diced
- 1 small carrot, diced

- 1 teaspoon Bell's seasoning or a teaspoon of thyme
- 1 slice of whole wheat bread, cubed

Sauté the onion, celery and carrots until tender.

Add the diced wheat bread and seasoning.

Mix until well blended, if you think it needs liquid add a little chicken stock or water. Set aside.

Mix all the meatball ingredients together, shape into meatballs.

With your finger make an indentation on the top of each meatball and fill the indent with the prepared stuffing.

Once filled, press meat back into place to re-form the meatball. Once filled, place on a cookie sheet lined with parchment paper.

Bake in a 350-degree oven (pre-heat oven) for either 20 or 30 minutes depending on the size of the meatballs.

These stuffed meatballs are great anyway, you decide to serve them, with pasta, or in a sandwich.

Homemade Granola Bars

By SUSIE

Here is a fun and tasty recipe for some homemade granola bars. These can be stored in Ziploc baggies and are so much fun to make. Have the kids join you as well!

The flax adds important nutrients and it is tasteless. Make sure you buy ground flax and always store in freezer to prevent it from getting rancid.

- 6 tablespoons pasture butter (I use Kerrygold)
- 1/3 cup coconut sugar
- 1/4 cup maple syrup (the real stuff)
- 2 teaspoons vanilla extract
- ¼ tsp sea salt
- 2 cups quick-cooking/instant oats organic PLAIN oats (do not use regular old-fashioned oats)
- 1-3/4 cups crispy brown rice cereal (I use Erewhon brand)
- 1/2 cup sliced almonds
- 1/4 cup flax meal
- 1/3 cup mini chocolate chips (I use Enjoy Life brand)

Instructions

1. Line a 9 x 13-inch baking pan with parchment paper and grease lightly

2. In a large pot, combine the butter, sugar and maple syrup. Bring the mixture to a boil over medium-high heat, stirring constantly. Lower the heat and simmer until the sugar dissolves and the mixture is slightly thickened, about 2 minutes. Remove the pan from the heat and stir in the vanilla and salt.

3. Add the oats, rice cereal, almonds and flax meal to the pan and fold with a rubber spatula until well combined.

4. Transfer the mixture to the prepared pan and press down lightly with a rubber spatula to even out. Sprinkle the miniature chocolate chips over top, adding more or less to suit your taste, and press down firmly with the spatula so the chips stick. The mixture should be tightly compacted in the pan.

Place the pan in the refrigerator for 1-1/2 - 2 hours to cool.

Resident To Run Virtual Boston Marathon In Honor Of Friends Lost To Suicide*Dennis Sheppard Member Of Samaritans Team*

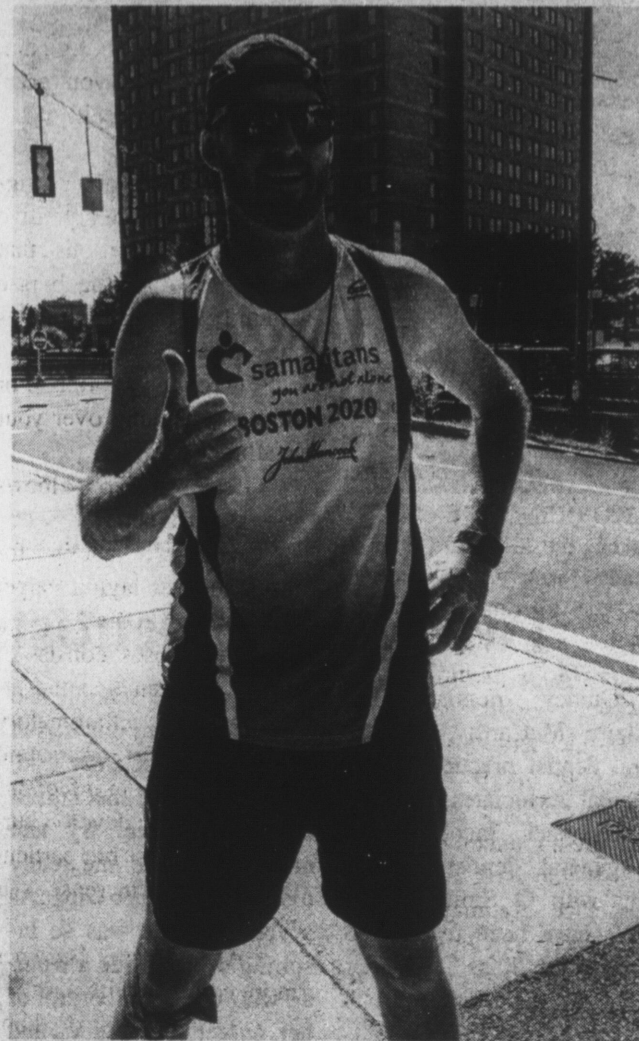
While the nature and date of the 124th Boston Marathon has changed due to the global pandemic, the mission of the Samaritans Marathon Team has not wavered. That team includes Quincy resident Dennis Sheppard, who is participating for a very personal reason.

Sheppard will be running while raising funds and awareness for suicide prevention in honor of two friends lost to suicide. Kevin Friedland, coached by Sheppard at Marshfield High School, and Shawn White, a high school teammate and friend, were both lost to suicide.

All proceeds generated will benefit Samaritans' suicide prevention services. This includes their 24/7 Crisis Services phone and text Helpline, suicide prevention workshops for schools, businesses, and community groups, and SafePlace support groups for those who have lost someone to suicide. Those interested in donating can visit samaritanshops.org/events/marathon.

"I have gone and watched the Boston Marathon supporting friends and family more times than I can count," said Sheppard. "I couldn't think of any better way to run it than in memory of Kevin and Shawn. This is such an important cause because in both cases, family and friends weren't aware of Kevin and Shawn's struggles."

Samaritans, a suicide prevention organization serving the Greater Boston and MetroWest communities, will once again be participating



DENNIS SHEPPARD of Quincy is running a virtual Boston Marathon to raise funds and awareness for suicide prevention in honor of two friends lost to suicide. *Courtesy Photo*

as a non-profit partner in the John Hancock Non-Profit Marathon Program. Each year, John Hancock donates guaranteed entries to select nonprofits which use these entries to recruit individual runners to raise money for their cause. This is the 13th consecutive year that Samaritans has received bib numbers for their Marathon Team. The donation was made to help Samaritans generate awareness about the issue of suicide, educate the public about suicide prevention, and raise much-needed funds.

For over 40 years, Samaritans, Inc. volunteers have answered more than 2.5 million phone calls. The agency has trained more than 4,500 volunteers and instructed more than 100,000 individuals through its Community Education and Outreach Program and has supported over 10,000 individuals who have lost a loved one to suicide.

For more information about Samaritans, visit www.samaritanshops.org or contact Samaritans' business office at 617-536-2460 or info@samaritanshops.org.

BBB Warning: Puppy Scam Reports Skyrocket During COVID-19 PandemicBy BETTER
BUSINESS BUREAU

Some families have turned to the internet to look for a pet, thinking a pandemic puppy or kitten would help ease some of the uncertainty of current events. Many have come across scammers advertising animals that don't exist and are never shipped.

The coronavirus (COVID-19) pandemic has given scammers the idea to ask for money up front, or to make excuses as to why buyers can't see the pet in person—before heartbroken, would-be pet owners figure out they have been conned. This practice has also led to a jump in online shopping fraud in general. BBB suggests, be aware of these pet

scams and avoid falling for phony websites.

According to BBB's Scam Tracker, pet scams in July caused losses in Massachusetts totaling over \$8,000, almost \$4,000 in Maine, and just shy of \$1,000 in both Rhode Island and Vermont.

Nationwide, BBB received 1,681 reports of pet scams in the past few months, up from 583 for the same period last year—almost triple the number reported last year. Overall, pet scams comprise 25% of online scams reported to BBB's Scam Tracker. During the same period last year, it was 18%. The typical dollar amount lost to pet scams also rose from \$655 last year to \$700 this year,

one of the highest for all categories. The percentage of people who reported losing money inched up from 68% last year to 70% this year.

• The biggest increase in online shopping fraud is pet scams, more than triple compared to previous years.

• Pet scams now comprise 25% of online scams reported to BBB Scam Tracker (up from 18% in 2019).

• Pet scams are now the riskiest scam, according to the BBB Risk Index.

• Of those targeted for a pet scam, 70% end up losing money.

• The typical dollar amount lost to a pet scam is \$700, one of the highest for all categories of scams.

• Pet scams are not

only the riskiest scams, they are also one of the most heart-breaking.

These increases truly make sense when pet adoptions and pet-related purchases are booming during the pandemic as well. Legitimate online pet supply retailer Chewy (a BBB Accredited Business) is seeing record revenues. Animal shelters across North America are seeing their animals being adopted out and fostered at record rates. Some shelters even have waiting lists—something unheard of not long ago.

Puppy scams like these were the subject of a 2017 in-depth investigative study by Better Business Bureau (BBB), and they are prolific during the holidays.

Many victims who contacted BBB's Scam Tracker reported they wanted to adopt a puppy in order to ease their isolation and brighten their lives during the pandemic.

Victims were often told that they needed to send money for special climate-controlled crates, insurance and a (non-existent) COVID-19 vaccine. There also were several instances where the consumers wanted to see or pick-up the animal but were told that wasn't possible due to COVID-19 restrictions.

One victim from Maine lost nearly \$4,000 last month. She explained that she bought the puppy online and then was told that the puppy's flight was on

hold because "a temperature regulated crate is required" and was asked to pay an additional fee. Then, they asked her for an insurance deposit. She never received the puppy and instead lost thousands of dollars.

Tips for avoiding puppy scams:

• Don't buy a pet without seeing it in person. If that isn't possible, conduct an internet search of the picture of the pet you are considering. If the same picture appears on multiple websites, it's likely a fraud. You also can search for text from ads or testimonials, to see if the seller copied it from another website.

• Avoid wiring money, or using a cash app or gift

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Bursitis: Causes, Diagnosis, Treatment

A Message From Ruth Jones, City Of Quincy Health Commissioner

By **RUTH JONES**
MSPH, BSN, RN,
BC, CP-FS

Bursitis is a painful condition that affects the small, fluid-filled sacs, referred to as bursae. These bursae cushion the bones, tendons and muscles near your joints.

Bursitis appears when bursae become inflamed. The most frequent locations for bursitis are in the shoulder, elbow and hip. However bursitis can also crop up in your knee, heel and the base of your big toe. Bursitis often occurs near joints that execute frequent repetitive motion.

Treatment typically involves resting the affected joint and safeguarding it from further trauma. In most cases, bursitis discomfort subsides within a few weeks with proper treatment, but recurrent flare-ups of bursitis are not uncommon.

If you have bursitis, the affected joint may possibly:

- Feel achy or stiff
- Hurt more when you move it or press on it
- Look swollen and red

Discuss with your doctor if you develop:

- Disabling joint pain
- Sudden inability to move a joint
- Excessive swelling, redness, bruising or a rash in the affected area
- Sharp or shooting pain, especially when you exercise or exert yourself
- A fever

The most customary triggers of bursitis are repetitive motions or positions that put pressure on the bursae around a joint. Examples may involve:

- Throwing a baseball or lifting something over your head repeatedly
- Leaning on your elbows for extended periods
- Extensive kneeling for tasks such as laying carpet or scrubbing floors

Other causes consist of injury or trauma to the affected area, inflammatory arthritis such as rheumatoid arthritis, gout and infection.

Anyone can develop bursitis at any time, but particular factors can increase your risk:

- Age. Bursitis becomes more common with aging.
- Occupations or hobbies. If your work or hobby requires repetitive motion or pressure on particular bur-

sae, your risk of developing bursitis increases. Examples include carpet laying, tile setting, gardening, painting and playing a musical instrument.

• Other medical conditions. Certain systemic diseases and conditions, such as rheumatoid arthritis, gout and diabetes increase your risk of developing bursitis. Being overweight can enhance your risk of developing hip and knee bursitis.

Diagnosing begins by consulting your primary care provider, who may refer you to a rheumatologist who specializes in joint disorders. During the physical exam, your doctor will examine various spots around your affected joint to try to determine whether a specific bursa is triggering your pain.

Your doctor may also inquire about:

- Did your pain come on suddenly or gradually?
- What kind of work do you do?
- What are your hobbies or recreational activities?
- Does your pain occur or worsen during certain activities, such as kneeling or climbing stairs?

• Have you recently fallen or had another injury?

• What treatments have you tried?

• What effect did those treatments have?

Doctors can often diagnose bursitis based on a medical history and physical exam. Testing, if needed, might include:

• Imaging tests such as, X-rays, Ultrasound or MRI might be used if your bursitis can't easily be diagnosed by a physical exam alone.

• Your doctor might order blood tests or an analysis of fluid from the inflamed bursa to pinpoint the cause of your joint inflammation and pain.

Bursitis commonly improves on its own. Conservative measures, such as rest, ice and taking a pain reliever, can reduce the discomfort. If conventional measures are not successful, you might require:

• Antibiotic medication if the inflammation in your bursa is caused by an infection.

• Physical therapy or exercises that can strengthen the muscles in the affected area to ease pain and prevent recurrence.

• Injections such as a corticosteroid drug injected into the bursa to relieve pain and inflammation in your shoulder or hip. This treatment generally acts quickly and, in many cases, one injection is all that may be necessary.

• Temporary use of a walking cane or other assistive devices that will help relieve pressure on the affected area.

• Rarely, surgical removal of the inflamed affected bursa may be necessary.

Additionally there are several lifestyle changes and home remedies you can utilize to relieve the pain of bursitis including:

• Rest and avoid overuse of the affected area.

• Apply ice to reduce swelling for the first 48 hours after symptoms occur.

• Apply dry or moist heat, such as a heating pad or taking a warm bath.

• Take an over-the-counter medication, such as ibuprofen (Advil, Motrin) or naproxen sodium (Aleve), to relieve pain and reduce inflammation. Some are available in a form you apply to the skin.

• If you sleep on your side, cushion your knees by placing a small pillow between your legs.

Bursitis is a relatively common condition, but because many people treat it at home and do not see a doctor, it is difficult to know exactly how prevalent it is. While not all types of bursitis can be prevented, you can reduce your risk and the severity of flare-ups by altering the way you do certain tasks. Examples include:

• Using kneeling pads. Use some type of padding to reduce the pressure on your knees if your job or hobby



RUTH JONES

requires a lot of kneeling.

• Lifting properly. Bend your knees when you lift. Failure to do so puts extra stress on the bursae in your hips.

• Wheeling heavy loads. Carrying heavy loads puts stress on the bursae in your shoulders. Use a dolly or a wheeled cart instead.

• Alternate repetitive tasks with rest or other activities. Take frequent breaks.

• Maintaining a healthy weight. Being overweight places more stress on your joints.

• Strengthening your muscles can help protect your affected joint. Exercises to strengthen muscles should only be done after the bursitis has gone completely.

• Warming up and stretching before strenuous activities to protect your joints from injury. Before vigorous exercise, it is best to warm up for at least 5 to 10 minutes. Activities could include walking at a good speed, slow jogging, or a cycling machine.

Bursitis may reappear, particularly if you engage regularly in strenuous exercise or physical labor. Being informed, making smart choices and taking measures to avoid further strain or injury, will help circumvent this recurrence.

Ruth Jones is the health commissioner for the City of Quincy.

Quincy Resident Spreads Joy, Smiles At Wollaston Beach

The COVID-19 pandemic has ushered in lots of changes.

Mask-wearing. Long lines to enter grocery stores. Hand sanitizers at the park.

But dancing outside at the beach?

Yes, that too.

On some early mornings and early afternoons at Wollaston Beach, you might find Quincy resident, Nathalie Ais, dancing at the corner of West Elm Ave and Quincy Shore Drive. A former dancer, like many, the hip-hop dance classes she took in Central Square Cambridge were halted. Dancing in front of her iPhone unconveniently nestled on a bookshelf just didn't seem to be the right fit. Though initially fearful, she was reminded by a friend to embrace the new normal and find the joy in unexpected places.

"As sad as COVID-19 has been, God has told me, the season the world is in does not determine the season I placed you in" Nathalie said reflecting on her time in quarantine. In her own words, working-from home has ushered a new form of rest and rejuvenation. It's been a time of "transformation," she says.

Like many Americans, COVID-19 has afforded her an opportunity to reconnect with past joys and discover some new ones. New food creations in the kitchen?



QUINCY RESIDENT Nathalie Ais can be found early mornings and early afternoons leading some dancing at Wollaston Beach. Courtesy Photo

Check. More fresh air? Check. Coloring in a coloring book? She's picked that hobby back up, too.

Nathalie started dancing in her cul-de-sac entrance off Adams St. She remembered how she loved watching the sunrise visiting a friend in Hawai'i back in 2017. With headphones in

tow, she ventured outside one early morning around 5:30 a.m. back in April. She started bopping to the beat. Next thing she knew, she was full on doing jazz pas de bourree's, twirls, leaps, shuffles and practically doing a full-on performance.

"It just felt so freeing and fun! I just got lost in it all

and didn't want to stop," she says.

She said she felt like God whispered to her to go to the beach. "I was completely hesitant at first. And still am. But I'm all about facing fears, so I came," the public speaking coach recalls. Came to Wollaston Beach that is.

She brings her speakers and blasts the music. She begins with stretches and even has flyers encouraging beach go-ers to join her in the moves. "It's so encouraging when people walk by and smile and say 'great moves' or 'you're looking great.' I think we need the joy these days."

View her performances on her instagram at naturally.raw.nathalie.

MA Public Health Commissioner On Temporary Medical Leave

Effective immediately, Massachusetts Public Health Commissioner Monica Bharel, MD, MPH, is on a medical leave of absence unrelated to COVID-19, and is expected to return to work in early October.

DPH General Counsel Margret Cooke has been appointed Acting Commissioner during Commissioner Bharel's medical leave by Marylou Sudders, Secretary of Health & Human Services.

"All of us wish Commissioner Bharel a speedy recovery and look forward to welcoming her back to the Department," said Secretary Sudders. "In the interim, I have every confidence in Acting Commissioner Cooke's ability to provide the executive leadership for the Department during this time."

Cooke joined the Department of Public Health as General Counsel in 2015. Previously she served as

Deputy Bureau Chief in the Public Protection and Advocacy Bureau in the Office of the Massachusetts Attorney General's Office.

"I appreciate the leadership of Margret Cooke and all of the DPH team to continue to assist the state in responding to the pandemic as well as managing our public health programs on behalf of the residents of the Commonwealth," Commissioner Bharel said.

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Vermont Maple
Nut Crunch

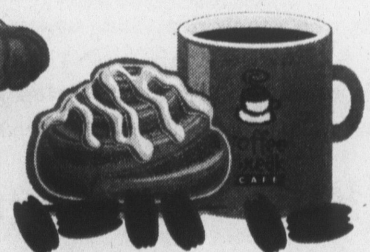
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Quincy: 617-773-9420

24 Central Avenue
Milton: 617-696-2326

680 Truman Parkway
Hyde Park: 617-910-9175

Now Open!
102 Franklin Street
Quincy: 617-481-5257

Coming soon:
479 Washington Street
Quincy



**coffee
Break
CAFE**

The Quincy Police Jail Diversion Program was started in 2008. The Jail Diversion Program is paid via a grant from the Department of Mental Health and the District Attorney's Office. The goal of the program is to reduce unnecessary arrests by diverting individuals with severe mental health issues away from the criminal justice system and attach them to resources that will help treat their mental health issues. In addition, a goal of the grant is to reduce unnecessary hospitalizations by diverting individuals to less restrictive environments.

Our current Jail Diversion professional is Tim O'Brien. Tim has a Masters Degree in Clinical Psychology and joined the QPD as our full time clinician in December 2018. A significant aspect of his work involves being on-call for emergency mental health situations. These calls will originate in the patrol division. In these cases, Tim's job is to assess the individual's mental status and make a determination as to the best way to treat the individual. In addition, he reviews previous police reports looking for people who may be experiencing mental health issues and coordinates with our officers to follow up with these individuals.

Tim not only cares about the individuals he assists, but he wanted to make residents aware of situations our officers handle. He approached me last week and asked if he could highlight some of the work that he sees being done day in and day out by our officers.

I figured our weekly Job Well Done would be a great place for him to do this. While making arrests is definitely one aspect of our job, dealing with individuals suffering from mental health issues is a large part of what we do as well. So, please welcome Tim and I hope you enjoy this week's Job Well Done - which was written by him.

When I first began this job I wasn't sure what to think.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

As a mental health professional, I pondered whether my clinical philosophy would mesh with that of police. I questioned whether they would possess the empathy to work with individuals with severe mental health issues and whether they would display the patience needed to help someone going through the worst stretch of their life.

These questions were answered quicker than it took to ask them. It was abundantly clear; the Quincy Police make mental illness their priority.

What sticks out most about the Quincy Police is how proactive they are. This is the first department in the nation to mandate that officers carry Narcan to help save the lives of individuals who overdose on opiates. The officers that I work with in Quincy are always professional and committed to their city. They have embraced and incorporated their training on mental illness into their day to day work and remain curious as how to increase this knowledge. Simply put; they get it.

Quincy Police Officers William Mitchell and Matt Miller have shown an exceptional ability to connect with individuals suffering from mental illness. This ability is clearly something that comes naturally to both men; but it is also a product of their extensive training.

Both Officer Miller and Mitchell have undergone extensive mental health training; including, Crisis Intervention Training (CIT), which is considered to be the bench-

mark for police mental health training. Officers Mitchell and Miller are member of the Community Police Unit. This unit prides themselves on looking for "unconventional solutions" to community issues. This unit will follow up and provide resources to people who have overdosed in Quincy and will accompany me to mental health follow ups.

Officers Mitchell and Miller have each displayed incredible police work in helping their community. Highlighting one specific example; Officer Miller reached out to me in order to assist an individual who he believed was suffering from Bipolar Disorder and comorbid methamphetamine abuse. This individual presented with delusional beliefs and a great mistrust of the police. Officer Miller was able to develop a strong enough rapport (over the course of two months) in order to help convince this individual to get treatment for both his mental illness and substance abuse.

On a separate occasion, Officer Mitchell accompanied me on a call to speak with a woman who had been having ongoing issues with her neighbors. In this case, the woman appeared to suffer from persecutory delusional beliefs that someone wished to kill her. Officer Mitchell maintained open and positive body language, used a calm tone of voice and listened intently to this woman.

After it was apparent that Officer Mitchell had developed more rapport with this woman than I did; he explained to her that she was safe and that he was concerned she was suffering from mental health issues. Officer Mitchell was able to convince her to go to the hospital voluntarily and remains an asset to this woman's recovery.

Officers Mitchell and Miller are everything you want in a police officer and are a great representation of what the Quincy Police stand for.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, SEPT. 4

VANDALISM/PROPERTY (house window), 1:03 p.m., Beale Street. Reporting party from QPD lobby requesting to report a house door and window that was vandalized sometime around the Fourth of July. Party does not want a report, case number given.

LARCENY (bike), 1:24 p.m., Hunt Street. White male went into reporting party's yard, stole bike. Hat, red t-shirt, left towards high school.

LARCENY/MOTOR VEHICLE (motor cycle), 9:24 a.m., 175 Centre St. Happened overnight. Stolen vehicle: dirt bike.

SATURDAY, SEPT. 5

VANDALISM/PROPERTY (broken door), 2:04 p.m., Donut Donuts, 1461 Hancock St. Back side of building on Ross Way. Rear door of business; manager will contact landlord to have door boarded up. No entry made, just damage.

SUNDAY, SEPT. 6

BREAKING AND ENTERING/PAST, 12:10 p.m., Farrington Street. Damaged back door, no suspect on scene.

LARCENY/MOTOR VEHICLE, 12:43 p.m., Gilson Road. Unable to find MV, possibly stolen. No tow record in Quincy.

LARCENY/MOTOR VEHICLE (truck), 3:05 p.m., UHaul, 438 Quincy Ave.

BREAKING AND ENTERING/PROGRESS (just discovered), 9:04 p.m., Grossman Street. Reporting party just came home to find a white male, 30s, unknown clothing leaving apartment with speakers. Party identified himself as "Mark" and stated he was a friend of reporting party's roommate. Reporting party reports there is damage to apartment door as well as roommate's door which is reportedly usually kept locked. Reporting party could not provide further. Received call from roommate (who is on vacation) stated roommate called him to let him know someone broke into his room. Resident is out of town and was advised to call PD when he returns if anything was missing.

BREAKING AND ENTERING/PROGRESS (just discovered), 9:07 p.m., Morton Street. Reporting party just came home to find his door damaged. Missing multiple

electronics. States he has been in residence. Reporting party called back. Confirmed no suspects in area, reports multiple family members in residence.

MONDAY, SEPT. 7

VANDALISM/PROPERTY (vehicle), 2:44 p.m., Scotch Pond Place. Outside in parking lot. Reporting party wants to speak to an officer. Scratches, no physical evidence of cameras.

LARCENY (mint green bicycle), 3:14 p.m., Lawn Avenue. Always kept on the front porch, is now missing within the hour.

LARCENY (by relative), 3:54 p.m., Edgewater Drive. Warrant issued by clerk magistrate. Walpole PD went to address with negative results. Sgt. Igo called number and male hung up. BOLO given for MV.

BREAKING AND ENTERING/PAST (suspect fled), 9:10 p.m., Whitwell Street. White male wearing dark shirt, dark shorts, heading towards Granite Street. Caller saw male break into a van parked on Whitwell Street.

TUESDAY, SEPT. 8

VANDALISM/PROPERTY (egged house), 1:45 a.m., Marlboro Street. House just got egged, says this has been happening often, and would like an officer to speak to her and check the area. Reporting party has possible idea of who was involved in the incident.

ASSAULT AND BATTERY (just happened), 5:58 a.m., Buckley Street. Reporting party states that neighbor strangled her. Reporting party states that female fled in a black SUV heading towards Copeland Street. RP states that female has one headlight out. RP states black female, dressed in all black; about 300 pounds per RP, with a black scarf wrapped around her head, wearing glasses. RP states that she was there with her husband. RP states that she does not want an ambulance. Brewster notified. Officers requesting IPAD on scene. No EMS - patient refusal. Report/complaints to be filed.

VANDALISM/PROPERTY (door), 7:41 a.m., Bay State Community Services, 1120 Hancock St. Reporting party states that the glass in the door is shattered and "it looks like a bullet hole in the door." RP states that the staff is just now entering the building for the day and noticed it. Does not appear to be vandalism; appears to be faulty glass/

door.

LARCENY (past), 10:35 a.m., Whitwell Street. Suspect stole Amazon package in the past.

LARCENY (gray mountain bike), 12:20 p.m., Grandview Avenue. Female in the QPD lobby now. Was taken from the common area where bikes are locked up. Noticed yesterday was missing. No report, situation resolved.

LARCENY (gray mountain bike), 1 p.m., Grandview Avenue. White male lives in the building has bike. Is a tenant, bringing in the bike to building. RP reported larceny of bike earlier today. Misunderstanding - party got her bike back.

LARCENY (USPS package), 6:39 p.m., Seaport Drive. See caller in QPD lobby. Caller said his package was stolen.

WEDNESDAY, SEPT. 9

LARCENY (meds), 10:22 a.m., Sixth Avenue. 783 Cleary spoke to party by telephone but reporting party was uncooperative and refused to provide info.

LARCENY (TV, leather jacket), 2:08 p.m., Cubesmart Self Storage, 671 Washington St. See caller in police lobby.

LARCENY (medication), 4:03 p.m., CVS Pharmacy, 626 Southern Artery. Caller is at Quincy Avenue in front of Domino's. Caller said a female who he was just with admitted to picking up his meds with a fake ID. Advised.

VANDALISM/PROPERTY (car), 6:54 p.m., Sagamore Street. Caller's car window was smashed. Driver's side rear window. Owner given case number.

THURSDAY, SEPT. 10

VANDALISM/PROPERTY (car), 3:13 p.m., Phillips Street. Reporting party is in the QPD lobby. Has footage of damage to his car from a neighbor; ongoing neighbor issues. Case number provided. Party wants to gather more information before he files, just looking for advice.

Breaking & Entering MV: Granite Street, Post Island Road, Arlington Street

Breaking & Entering in Progress: Grossman Street

Breaking & Entering in the Past: Whitwell Street, Morton Street, Farrington Street

Larceny MV: Quincy Avenue, Gilson Road

Total Calls For Service: 1,098

BBB Warning: Puppy Scam Reports Skyrocket During COVID-19 Pandemic

Cont'd From Page 8

card. These payment methods offer no recourse and no way to get your money back if you are the victim of a fraud. Fraudsters may claim

to accept credit cards, but may steal your credit card information to use it in other scams or inform you that payment didn't go through and request the payment via

wire service or gift cards.

• Research prices for the breed you are interested in adopting. If a purebred dog is advertised for free or at a deeply discounted price,

and then other payment is required for services like vaccination or shipping, it could be a fraudulent offer.

• Consider reaching out to a local animal shelter.

Many shelters are looking for fosters to help relieve the animal's stress and reduce overcrowding at their facilities. Humane Society of the United States refers

consumers to local shelters.

• If you think you have been scammed or have found a suspicious website, report it to BBB Scam Tracker and the Federal Trade Commission.

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Daycare Available For Quincy Parents, Teachers

Cont'd From Page 1

Child Care, also known as QCARE. The group will provide childcare, for a fee, at several different school buildings during the school day. QCARE staff will work at each location.

Mulvey said he understood parents of fourth and fifth grade students, who will start the school year learning remotely, might be concerned QCARE would be allowed to operate in the school buildings at a time their children could not go to school.

"Those parents I'm sure would have concerns that we're providing space for QCARE in our buildings while their children have to remain at home. I do understand the optics of that," Mulvey said.

"The intent was obviously to provide additional teachers for our programs, our Quincy Public School teachers, as well as care for those students who would not necessarily have anyone at home supervising them."

Sarah Morrison,

QCARE's executive director, her program is charging less than \$300 per week per child, about \$7 an hour. Mulvey said there are voucher programs and scholarships available to families who need assistance; local business partners are also willing to help out families.

Computer labs at both high schools will also be open to high school students who do not have access to a computer at home, Mulvey said; 17 high schoolers had signed to use those labs as of Sept. 9. Quincy Public Schools personnel will monitor those students during the day. Middle school students might also be given the chance to work inside their schools' computer labs.

School Committee member Emily Lebo expressed concern about making parents pay to send their children to schools for the childcare program.

"If we can cover the high school people with QPS personnel, why can't cover we cover all of them with QPS personnel since there are so

few of them who are coming anyway?" Lebo said.

"These people have paid taxes for the schools, for teachers to be in the schools and everybody else, and now we're making them pay to bring their children into our buildings. It's more than just a bad optic. It's very upsetting."

Committee member Doug Gutro echoed Lebo's concern.

"I agree about the issue about having people send their children and paying for it," he said. "To me, that's a big deal."

Morrison said the town of Newton had considered offering free childcare to students during the school day but had to switch to an approach similar to the one Quincy will take.

"Newton Public Schools initially said that they were going to provide free childcare to their students for families who needed care," she said. "They quickly backtracked when they realized that they couldn't do that, so they are now work-

ing in partnership with existing providers to do precisely what Quincy is doing."

Committee member Frank Santoro thanked Morrison and QCARE for working with the school department to offer daycare to parents and staff members.

"You are providing reasonably cost space for teachers, first care providers, city residents, because without you, these people probably would be paying more, frantically searching for other childcare providers," Santoro said.

"I just want to thank you and I want to thank the superintendent and his leadership team for thinking outside the box and trying to provide childcare in these very difficult times."

Committee member Paul Bregoli said staff members might have had a difficult time finding childcare for their children without the program in place.

"Without them, teachers would have been scrambling...to find care for their kids," he said.

Lebo said the demand among QPS staff wasn't that high, considering 13 out of 2,500 employees, including substitutes, had enrolled their children in the program.

"We offered it to 2,500 and 13 so far have enrolled. Not a lot of people are scrambling I guess," she said.

QCARE typically offers its childcare at the Atherton Hough, Beachwood Knoll, Bernazzani, Lincoln-Hancock, Merrymount, Montclair, Parker, Squantum and Wollaston schools. Mulvey said there might not be enough interest at Montclair or Parker to offer the program at those schools during the day.

QCARE ran a summer vacation program at the South-West Middle School, Morrison said, with no cases of COVID-19 reported.

"We served 70 students each week for eight weeks. We had them separated into groups, masked and socially distanced," she said. "We

had zero incidences of COVID."

The QCARE program will operate inside the gym at each of the schools where it is offered; the program will also use dedicated bathrooms.

Lebo questioned how students at the schools would be able to take physical education classes with QCARE inside gyms. Mulvey said physical education classes would be held outdoors this year, weather permitting, because of restrictions put in place by the state.

"The gym classes are limited in what can be done with regard to activity that results in respiration increase - running and other activities - so our anticipation was on the good days gym would be held outside," the superintendent said.

"On days when we're in the building...we would have physical education classes actually done in the classroom - stretching exercises, weight-bearing exercises and that sort of thing."

High Schoolers Could Return To Classrooms Next Month

Cont'd From Page 1

Students from pre-kindergarten to grade three will start the year learning under a hybrid model with a mix of in-person and remote learning; certain high-need students at all grade levels will also receive in-person instruction. Other students in grades four through twelve will begin the year learning remotely.

Under the initial phased-in approach proposed by school officials, students in grades four through eight could have moved from remote to hybrid learning as soon as Tuesday, Oct. 13, the day after Columbus Day, with high school students making the transition as early as Monday, Nov. 9.

The School Committee on Sept. 9, however, unanimously approved moving up the high school transition date to Oct. 13. An additional committee vote will be required before any grade levels can move from the remote model to the hybrid one. The committee will use public health metrics to make that decision.

Parents have the choice to opt out of the hybrid model and have their children learn remotely instead. Between 50 and 60 percent of students in pre-kindergarten to grade three will begin the year at home learning remotely.

Mayor Thomas Koch, the chairman of the committee, had suggested moving up the transition date for high schoolers. Koch said chil-

dren in other countries have been able to return to class amid the coronavirus pandemic without getting sick, and also expressed concerns about students' social and emotional wellbeing if remote learning continues too long.

"I think the lookback on all of this a year or two out is going to be far more damaging on the mental health side, the social side. I'm really concerned about that," he said.

"Also, under the law, our teachers and staff are reporters when they observe things. And these kids don't all come from perfect homes and that is the opportunity when there has to be an intervention because something is occurring. We've been missing out on that too."

The mayor said health officials have learned since March that precautions that would be in place in schools, such as wearing masks, frequent hand washing and distancing requirements, can slow the spread of the virus.

"We know that this works," Koch said, holding up a mask. "We know washing the hands works. We know social distancing works."

Koch also noted Quincy has been designated as a green, or low-risk, community by the Department of Public Health since mid-August; green communities have an average daily case rate of fewer than four per 100,000 residents in the last

two weeks. He asked Health Commissioner Ruth Jones if the high school transition date could be moved up in light of that.

Jones said it could be possible for all students in grades 4-12 to move from remote to hybrid at the same time provided the health metrics support doing so at the time.

"If the data continues in the direction it's going, from a public health perspective I think that could be a possibility," Jones said.

Superintendent Kevin Mulvey noted the initial phase-in plan had been created earlier in the summer while Quincy was a yellow, or moderate-risk, community, and said the committee could consider moving high schoolers to the hybrid model sooner because the case rate in the city has improved since then.

"Since we've been in the green for a month, which is excellent...that's certainly something the School Committee could consider," Mulvey said.

During his remarks, Koch also asked Jones to explain why schools were shut down for COVID-19 but are not closed during outbreaks of the flu. The health commissioner said that COVID-19 is a new virus, unlike the flu, and people have no immunity to it and no vaccine is available for it yet.

Jones also noted that while children might not become ill from COVID-19, they can transmit the virus

to others more at risk, like their family members.

"We still have to consider that these kids are going home to households that may have parents and grandparents," she said. "Though the kids may not be getting sick, we don't want to bring a lot of virus back into the community."

Committee member Kathryn Hubley said she would support letting ninth and tenth graders return to classrooms at the same time as middle schoolers, as well as allowing fourth graders to start hybrid learning this week, "because our numbers are in the green," and "we are doing so well."

Committee member Paul Bregoli said he was concerned about the initial phase-in timeline that had been proposed.

"My first concern is for parents, some of whom have been put in a very difficult position with remote learning. Parents have had to make a decision on whether to stay home from work, look for daycare or allow their children to just navigate their learning on their own," Bregoli said.

"Secondly, asking children to sit in front of a computer screen for five or six hours a day is not, I believe, a reasonable task for all students, especially in the lower grades. Staying on task will be very difficult. I've heard from both parents and students that this is not sustainable."

Though he supported

Koch's change to the timeline, committee member Doug Gutro said having to delay the transition date for high schoolers could be deflating for those students.

"We talk about social and emotional wellbeing. I do think it will be a giant deflation if the numbers come back in the next couple of weeks and we have to pull back on this," Gutro said. "I'll support the mayor's proposal...but I just think it would be a giant punch in the gut of every high school kid if we have to dial that back. They are going to not have any confidence in any dates going forward."

Committee member Emily Lebo said moving the transition date forward would give students and teachers a chance to meet each other, which would be beneficial if the district has to move back to fully remote learning.

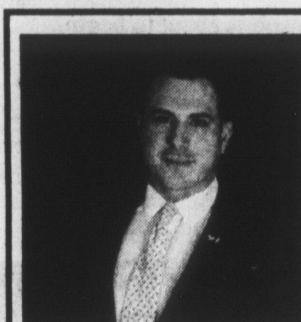
"I'm going to support it because I believe that we are going to be out again, and I want these kids to know their teachers and I want the teachers to know their kids," she said. "If you know your teacher when you go remote, it's going to be a whole lot better than if you don't know your teacher."

The committee on Sept. 9 also approved the metrics that will be used to determine if students can transition from remote to hybrid. Those same metrics will also be used to decide whether students need to move from hybrid to fully

remote.

The metrics require Quincy to be designated a green community or an unshaded one by the DPH in order for the committee to consider transitioning more students to the hybrid model; unshaded communities have fewer than five total active cases.

Other metrics will include the number of cases among residents ages 18 and under the city, the number of cases among Quincy Public Schools students and staff, the number of QPS students with cases in their household, and data from communities where school teachers and staff reside. Jones, the health commissioner, will compile that information into a chart that will be color coded in the same manner as the DPH maps.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Real Estate

Quincy Real Estate Transactions September 7 - September 11

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Aristidis Philippakis
Bryan & Maureen Norman
Robert & Olwyn D. Reidy
Quiang Chen & Xiu-Wei Li
Tao Lin
Kuei F. Rauh
Tsoen F. & Wei Y. Wong
US Bank Trust NA
Ralph G. Koelsch
143 & 151 Hancock LLC
Jia Y. Li
Joann M. O'Brien
James P. Burke & Jane E. Burke Revocable Trust
Americo & Marie D'Andrea Family Irrevocable Trust
Justin C. & Alyson Baxter
Lorraine E. Lee
18 Johnson Avenue Realty LLC
William M. Benjamin, Jr. & Catherine M. Benjamin
Patrick K. Bradley & Catherine L. Rogers
Jeanette Bukuras
James C. & Diane M. Fratolillo

BUYER

Robert W. Morisseau & Christina N. Lagana
John J. McDonough & Katie A. Finn
Aleksander Pallko
Yonghui Li & Xuerui He
Arafat Z. Chowdhury & Navia N. Nipa
Lyly H. Nguyen
Fuzhong Deng & Zhaopei H. Xian
John A. & Marta S. Turner
Hui F. Cheung
Alexander Lin
Phyu Han, Mya M. Maw, Nyunt Htay
Jeffrey K. & Deirdre Hannon
Yue Ai Zhu & Zhong Q. Huang
Brian J. Sweeney
Timothy D. Doolan, Jr.
Sarah M. Murphy
Daniel E. Maroney
David Sage & William S. Foley
Alan Lee & Jia Yan Li
Hector R. Rosales & Ester Ramirez
Erin H. Walsh

AMOUNT

\$585,000.00
\$925,000.00
\$407,500.00
\$470,000.00
\$612,000.00
\$477,500.00
\$360,000.00
\$668,000.00
\$445,000.00
\$524,900.00
\$635,000.00
\$900,000.00
\$293,800.00
\$460,000.00
\$395,000.00
\$545,000.00
\$525,000.00
\$496,000.00
\$473,800.00
\$400,000.00
\$365,000.00

ADDRESS

260 Harvard Street
40 Springfield Street
10 Glenview Road
162-164 Lafayette Street
1022 Hancock Street, Unit 113
26 Massachusetts Avenue
115 West Squantum Street, Unit 505
41-43 Buckley Street
120 Holmes Street, Unit 220E
151 Hancock Street, Unit 16
27 Taylor Street
242 Adams Street
1025 Hancock Street, Unit 9L
12 Ardell Street
81 Macy Street
150 Quincy Avenue, Unit 1B
18 Johnson Avenue, Unit 4
67 Franklin Avenue
100 Marina Drive, Unit 501
77 Adams Street, Unit 601
122 Charles Street

Homeowners Warned About Deed Scam

Register of Deeds William P. O'Donnell reminds Norfolk County residents to disregard a direct mail solicitation offering them a certified copy of their property deed for an outrageous fee of anywhere from \$59.50-\$95.

"For the past several years, a California company has been preying on unsuspecting homeowners by sending a direct mail solicitation asking them to send a check for \$95 in order to receive a copy of their deed," O'Donnell said. "If a consumer knew that they could print a non-certified copy of their deed for free from our website www.norfolkdeeds.org or obtain a certified copy of their deed for a charge of only \$1 per page plus an additional \$1 for postage, they would never

agree to pay such an outrageous fee for service. The average price for a mailed homeowner's certified deed copy by the Registry (usually two pages) is \$3."

"These solicitations," noted O'Donnell, "are labeled Recorded Deed Notice and request that the homeowner forward a check in the amount of \$95 for a copy of their deed. The Registry has been contacted by multiple individuals who have received this solicitation. Please do not fall for this scam."

O'Donnell concluded, "While the deed direct mail solicitation may be legal, it is by no means ethical. Clearly, this is a scam being perpetrated against hard working Norfolk County residents, many of whom are first-time homeowners

or elderly. Consumers are interpreting these notices as a bill, since they are affixed with a due date. I once again urge in the strongest terms that Norfolk County citizens not let themselves fall victim to these types of misleading deed scam advertisements."

O'Donnell asked homeowners who receive such a deed solicitation notice to contact the Registry's Customer Service Center immediately at (781) 461-6101 or by email at registerodonnell@norfolkdeeds.org. "Additionally, if you desire a certified copy of your own deed, also contact the Customer Service Center and they will be glad to provide you with one for a nominal fee of usually \$2-\$3."

To learn more about these and other Registry of

Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email at registerodonnell@norfolkdeeds.org.

Glamorous Style For Your Home

Ask Barbara Graceffa:
'The Secretary Of The Interior'

I've been binge watching a lot of home shows on TV and see a trend toward glamorous style. I do really love the look but wonder if I'm too old? Betty

Although you do not reveal your age, it doesn't matter one bit!

Would you refrain from wearing Chanel perfume or toting a Gucci or Louis Vuitton purse?

Glamour or "glam" is both a lifestyle and an attitude. (My sister-in-law, a grandmother of two, refers to herself as "glam-ma," instead of grandma, and I say, "go girl, more power to you!") An upscale, chic, sophisticated decor reflects both.

So, how do you pull it off? This highly decorated style relies on certain colors, finishes, and textures as well as discriminating taste so it looks stylish and not materialistic or pretentious.

Black, white, cream, grey, and pastels like blush pink colors dominate a luxurious decor.

Pepper in some sparkle with mirrored finishes and glittered accents. Use metals like silver, aluminum, mercury glass, gold, or rose gold to achieve the ultimate glam look.

When it comes to lavish textures - often the most overlooked design element regardless of which style you prefer - accessorize with today's trendy faux fur or sheepskin throw, poof, or rug. Adding tufted furniture, be it a couch, headboard, or bench, excludes glam. Think of texture in your lighting as well; install a glass bubble chandelier in your dining room or a fluffy white feather and crystal pendant light over your vanity or nightstand.

If your budget is tight, there are some simple things you can employ. Glue long fringe onto the edge of your lampshade, add a mirror to the top of your bureau or cocktail table, or add molding around a frameless bathroom mirror. Try spray painting some pictures frames with a chrome paint. I recently purchased an attractive, three-legged, traditional side table in aluminum from Amazon for under \$70 and just love it.

In closing, incorporate some glam elements into your home to both feed your soul and to experience the power of interior design. Go girl!

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

Bay State Skating School Learn-To-Skate Classes

The 2020-2021 skating season is about to begin.

Bay State Skating School is one of Greater Boston's most established and popular skating programs. BSSS has taught Learn-To-Skate classes to children ages 4-18

in the Greater Boston area for over 50 years.

Bay State Skating School is compliant with the Commonwealth of Massachusetts COVID-19 guidelines. The number of students allowed on the ice will be limited.

ited.

Professional instructors teach recreational, figure and hockey skating skills to the beginner, intermediate and advanced skaters. Students can wear either figure, recreational or hockey skates.

New fall lessons begin in September and October. Lessons are held at 10

Greater Boston Rink locations including: Brookline-Cleveland Circle, Cambridge, Medford, Newton-Brighton, Quincy, Somerville, Waltham, West Roxbury, and Weymouth.

For more information and to registration, visit www.BayStateSkatingSchool.org or call Bay State Skating School (781) 890-8480.

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Most MA Restaurants Complying With New Rules, Baker Says

By SCOTT JACKSON

State inspectors visited 1,200 restaurants during the first week of September and a vast majority of those establishments were in compliance with new rules put in place amid the coronavirus pandemic.

Gov. Charlie Baker on Sept. 9 said the Alcoholic Beverage Control Commission determined 900 of the 1,200 sites inspected were in compliance with the new rules. The remaining 300 received fines or warnings.

"We're pleased that a vast majority of our restaurants and their customers are enjoying their experience, outdoor and indoor dining, safely to prevent the spread of COVID," Baker said at his State House press conference.

"We really appreciate the ABCC's ongoing work to ensure that establishments are operating based on the guidelines and advisories that have been issued by the commonwealth and by many local communities."

Among other things, the guidelines require that

masks or face coverings be worn indoors or outdoors at restaurants, though customers can remove them while seated. Tables must also be spaced six feet apart and parties are limited to six or fewer people. Restaurants are also not allowed to serve alcohol to patrons unless they purchase food.

When asked about potentially relaxing rules for restaurants, Baker said his focus for the time being is on re-opening schools and the return of college students to campus.

"One of the things we talked about is trying to get through the school re-opening and the college return. These are both really big and really important deals here in Massachusetts," he said. "I really think for the next couple of weeks our focus ought to be there and we will talk about other stuff when we get past that."

Baker also said that he is "as frustrated as anybody" that certain elements of the Bay State's economy remain closed. He added, however, that bars and nightclubs,

which remain shuttered in Massachusetts, contributed to the spread of COVID-19 in southern and midwestern states.

"It was pretty clear they played a significant role in significant outbreaks in new cases in many states where they were permitted to open," Baker said.

The governor said he does not want to roll back the re-opening plan as some other states have done.

"One of the things we didn't want to ever have to do, which several states have had to do, is go back — open people up and tell people they have to close again," Baker stated. "We haven't done that, and I think that is because of the guidance and the advisories and the careful way the re-opening advisory group... went about their work."

Baker also touted Massachusetts' testing capacity during his press conference. An average of 42,000 tests were conducted each day during the first week in Sep-

Cont'd On Page 15

Vietnamese Restaurant To Open In Quincy Center

By SCOTT JACKSON

A new Vietnamese restaurant is set to open on Hancock Street in Quincy Center.

The Board of License Commissioners on Sept. 8 granted an all-alcohol license and a common victualler license to Pho So 1 Restaurant, which will be located at 1625 Hancock St. The restaurant will be open from 10 a.m. to 10 p.m. seven days a week.

Attorney Atakelti Desta said his client, restaurant manager Tuan Nguyen, planned to renovate the space, formerly home to a market, to make way for the new restaurant. He said restaurant should be able to hold about 133 patrons once the renovations are complete.

Nguyen has previous experience at a restaurant in Dorchester, Desta said. The owner is prepared to follow the regulations placed on restaurants by the state amid the coronavirus pandemic.

"We will be in full compliance with all the COVID regulations," Desta said.

In other business on Sept. 8, the board approved a new manager of record for the Stop & Shop store

at 65 Newport Ave., which has a retail liquor license. Bryan Cramond will be the new manager there. He has 15 years of experience with Stop & Shop, including nine as a department or store manager, and has worked at the Newport Avenue location for the past year.

The board had also been scheduled to discuss a request from the owner of Fowler House Café to extend the establishment's cabaret license. That request was continued at the applicant's request.

The board will meet again on Sept. 22.

Library Co-Sponsoring Four Climate Preparedness Week Events

The Thomas Crane Public Library is partnering with the Massachusetts Library System and CREW, Communities Responding to Extreme Weather to bring the public the following online Zoom events for 2020 Climate Preparedness Week:

Palaces for the People: A Community Discussion with Eric Klinenberg -- 7 p.m. Wednesday, Sept. 23.

Join us for a virtual discussion with acclaimed writer Eric Klinenberg, librarians, and community members. Klinenberg is well-known for his novel *Heat Wave: A Social Autopsy of Disaster in Chicago* and his more recent book *Palaces for the People*. Please register in advance to participate. Renowned author Eric Klinenberg will discuss his groundbreaking scholarship with

CREW Executive Director Craig S. Altemose. Known for combining academic rigor with empathetic sociological analyses, Klinenberg has helped to show how our social infrastructure is just as important as our physical infrastructure when it comes to climate adaptation. This conversation will focus on why social resilience is climate resilience and the role civic institutions such as libraries can play in helping to respond to climate change more equitably.

Resilient Agriculture: Climate Impacts on Our Food Systems and How We Can Respond -- 1 p.m. Thursday, Sept. 24. This panel discussion, moderated by Enet Mukurazita and Rachel Sperling, a librarian for Environmental Studies at Yale University's Marx Science and Society School

Library, will be held among women farmers in Zimbabwe to discuss their firsthand experiences dealing with climate impacts and their resiliency in the face of a changing landscape. This discussion is co-hosted by the Yale School of the Environment. Please register in advance to participate.

Neighborhood by Neighborhood: Mapping Our Resilience to Climate Change -- 10 a.m. Friday, Sept. 25. Participants will gain an overview of a Boston mapping project with the Conservation Law Foundation and the city of Boston. This event will explore the community assets that exist within the city of Boston and how they can be leveraged to create a more climate-resilient future, with a particular focus on how we can serve communi-

ties of color and other marginalized neighborhoods. Please register in advance to participate in this program.

The Economics of Climate Change -- 7 p.m. Saturday, Sept. 26. Madhavi Venkatesan, PhD will present this program that she has described as follows: "Our economic system has fostered individualism over community and competition over collaboration, because simply, these are the channels that promote economic growth as we measure it in Gross Domestic Product (GDP). We sell more when everyone has to have their own. But, individualism and competition results in unequal distribution that mimics the inequitable distribution of access to resources in our country. In many cases, inequity is a moral issue because the basis of it is ex-

ploitation of the vulnerable in a myriad of forms across historical time. In our discussion we will focus on the relationship between economics and sustainability: social justice, environmental justice and economic equity and also how our focus on economic growth has facilitated the speed of global Climate Change and exacerbated social justice issues along with the other two components of sustainability." Please register in advance to participate in this program.

Jing Yu On Dean's List

Jing Yu of Quincy has been named to second honors on the Clark University Dean's List for the spring semester.



BANK OF CANTON recently promoted five employees in its operations and lending department. From left: Kathleen Butterfield, Anna DeBurgo, Mary Rezendes, Dana MacKinnon and Lisa Goble in front of Bank of Canton's headquarters at 490 Turnpike St., Canton.

Photo Courtesy Bank of Canton

Bank Of Canton Promotes 5 In Operations, Lending Depts.

Bank of Canton recently promoted five employees in its operations and lending departments.

Lisa Goble was promoted to vice president of residential lending, and Anna DeBurgo was promoted to residential lending operations officer. Goble and DeBurgo oversee the processing, underwriting and closing of residential mortgage applications, and have played a vital role in Bank of Canton's robust mortgage lending program. The bank has originated over 1,000 residential mortgages valued over \$341 million so far in 2020, helping hundreds of local families refinance or purchase a home.

Mary Rezendes, responsible for managing the bank's core processing vendor and a member of the bank's Change Advisory Committee, was promoted to vice president, core processing and efficiency officer.

The bank's board of directors approved all three promotions last month.

"Lisa, Anna and Mary have made significant contributions to our bank's success and evolution," said Stephen P. Costello, president and CEO of Bank of Canton. "Their recognition by our board of directors is well deserved."

In addition, Kathleen Butterfield and Dana MacKinnon each recently accepted supervisory positions in operations: Butterfield as deposit operations supervisor, and MacKinnon as loan operations and client support manager. Both will oversee daily workflow and staff for their respective departments.

"We're always pleased when we can provide talented employees the opportunity to grow within the bank," Costello said. "Dana and Kathy have both been with the bank for several years,

with a history of strong performance. We're excited for them as they expand the scope of their responsibilities in their new roles."

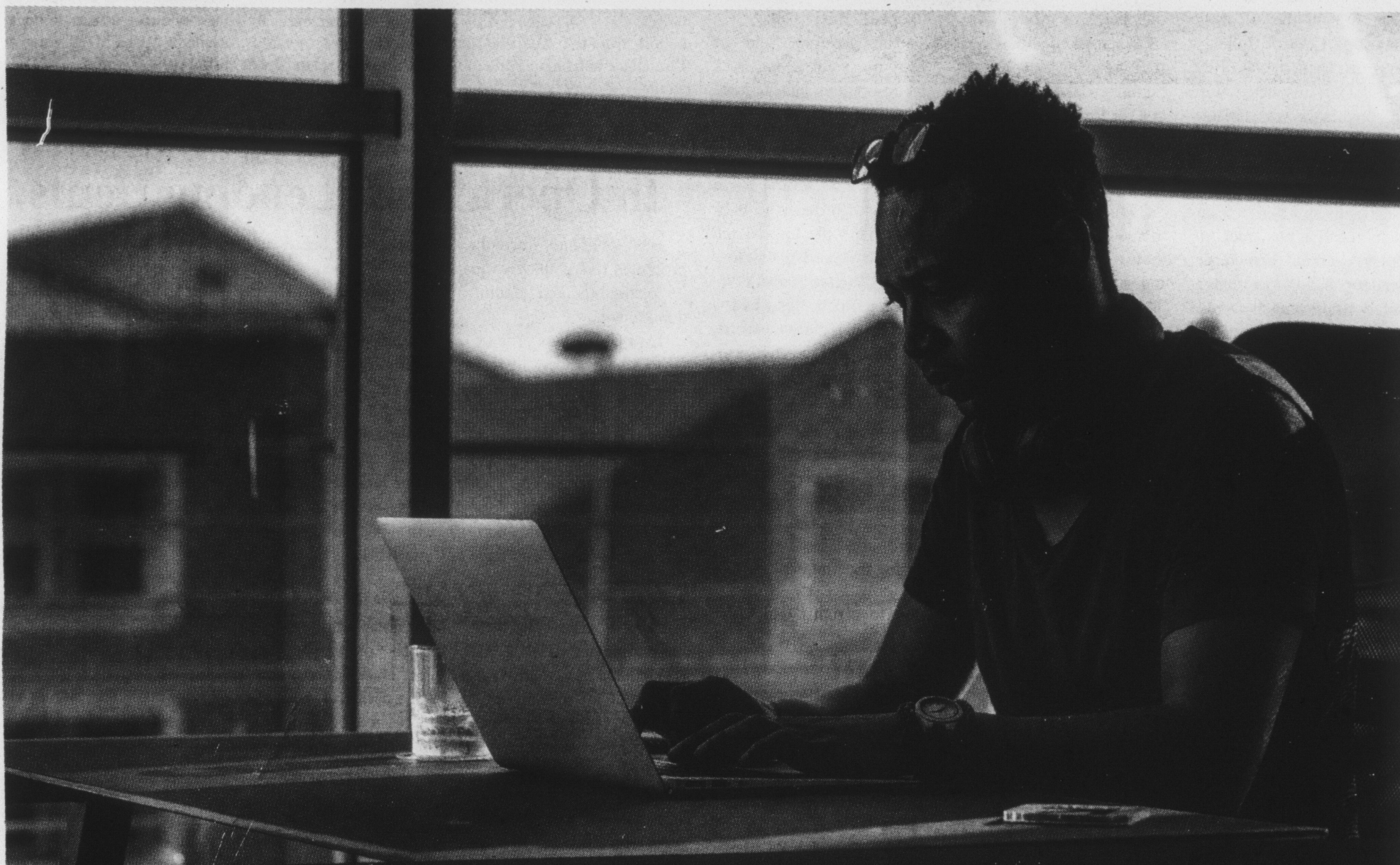
Established in 1835, Bank of Canton is a Massachusetts-chartered mutual savings bank that offers its consumer, business and government banking customers access to a full array of deposit, loan, investment and convenience service options. As a mutual savings bank, the bank has no stockholders and acts exclusively in the best interests of its customers and communities. The bank lends throughout Massachusetts, and has branches in Canton, Quincy and Randolph and a mortgage center in Auburn.

All deposits are fully insured between the Federal Deposit Insurance Corporation (FDIC) and the Depositors Insurance Fund (DIF). For more information, visit www.ibankcanton.com.

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FRED WHITE of Quincy, past commander of the American Legion, Department of Massachusetts, bows his head as a moment of silence is observed for the nearly 3,000 victims of the 9-11 terrorist attacks during the Sons of the American Legion Squadron 294, Morrisette Legion Post 9-11 ceremony at Flags for Veterans Island. The Quincy Fire Department also held a 9-11 ceremony. Photos on Page 25.

Quincy Point Congregational Church

The final installment of "Stump the Pastor" Sunday will be aired online during the Sept. 20 worship on the Quincy Point Congregational Church YouTube channel at 10:15 a.m.

The next outdoor worship on the Abbey Road lawn of QPCC at 444 Washington St. will be Sept. 27 at 10 a.m. Youth group with Angelina DeCristofaro will also meet during worship on this day.

Masks must be worn, and social distancing will be practiced at both worship and youth group.

Outdoor worship is limited seating for 25 people on the Abbey Road, side lawn

of the church. Reserve your spot at <http://quincypointcongregational.eventbrite.com>. (The Eventbrite reservation links are functional the Monday before worship). The projected dates for October outdoor worship is Oct. 11, 18 and 25.

Church School for all will premiere online on Sept. 27. The Church School children and families will receive packets to follow along and interact at home. However, these short 10-20 minute video segments are really for everyone, so feel free to tune in. The video will be posted on the Quincy Point Congregational Church YouTube

page for Sunday mornings. This educational video will be inspired by the, Bible Story Basics curriculum by the Abingdon press.

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV-Channel 8 or if you have a voice remote or smart TV, simply say, "Quincy Point Congregational Church on YouTube." The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call 617-773-6424 or email office@quincypointcong.org if you have any concerns or questions. Feel free to visit the church on Facebook, Twitter and Instagram.

Most MA Restaurants Complying With New Rules, Baker Says

Cont'd From Page 13

tember, up from 33,000 per day the week before. Part of the increase is because of testing for college students and staff returning to campus.

The governor said the increase in testing capabilities would help prepare the state for a second wave of the pandemic should it strike in the fall or winter. The state also continues to stockpile personal protective equipment.

"No one really does know exactly what is going to happen here. Part of it depends upon how well we

do with masks and distancing and all the other things we talk about," Baker responded when asked about a potential second wave.

"The places where we absolutely want to make sure we are teed up are around testing, where we continue to expand capacity and we continue to make sure as much of our testing as possible can be processed locally so that we can enhance and ensure the turnaround times, even as our volumes go up, continue to be within 24 hours.

"And, we continue to buy PPE. We continue to

buy masks, we continue to buy gloves and gowns and all the stuff that last spring people were struggling to find. We will continue to do that all the way through."

Baker later added that many residents have been following the new rules for masks and social distancing, which has led to a decrease in communicable diseases such as ear infections, strep throat and other respiratory illnesses.

Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, conducts its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will preach. Music will be provided by Paul Frazer, soloist.

Masks and social distancing are required. There will be no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to

stay at home, the on-line service will be available at a later date, either on the church website or on YouTube. To get to the Church website, type in: bethanyconchurch.org and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on at Bethany. Or, go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

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PLEASE JOIN US FOR OUR ANNUAL COMMUNITY BENEFITS MEETING

Learn about the hospital's Community Benefits Program, the identified health needs of the region, the hospital's progress and Beth Israel Lahey Health system-wide plans for addressing these needs during the next few years.

Thursday, September 24th
9-10:30 a.m.
via Zoom

Register to attend by calling 617-313-1126. A meeting link will be emailed to you upon registration:

Beth Israel Lahey Health 
Beth Israel Deaconess Milton

Downtown Construction Activities

Proposed work activities for the week of September 13th, 2020



- Work continues along the face of the 25 Temple St building for the new building addition foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Business in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project.
- The contractor will continue backfilling the area of future park and roadway at the old Hancock demolition site. The sidewalk remains closed along the old buildings face at Hancock St during construction. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue new drainage infrastructure improvements for the General McConville Way project this week. The traffic entering from Walter J Hannon Parkway to Ross Way, should continue to travel north on Ross Way and exit through Cliveden St. A temporary turn around remains at the end of Ross Way adjacent to South Shore Health. In addition, the contractor will begin milling a section of Cliveden St. The traffic will be alternated in either direction during milling operations.

(The photo on the above left is a picture of the contractor installing a new water quality structure. The photo on the above right is a picture of the contractor installing a new watermain stub for future work.)
<https://www.quincyma.gov/mvcity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at pmccarthy@woodardcurran.com

Seized Engine, Fuel Pumps, Low Miles, Replacing Tires

Ask John Paul: AAA New England's Car Doctor

I had the oil changed on my 2010 BMW 528 at a national quick lube place and drove it to Boston. During the trip the engine seized up; I towed it to a local BMW dealer in Rhode Island. They looked it over and said it needs a new engine to the tune of \$15,000. They said that there was oil in the crankcase, so they don't know what happened. Could the oil place have overfilled the oil, and would that also cause the engine to seize? In this model there is no dipstick so I can't check the oil level. Could I drain the oil and measure it somehow? Please give me your thoughts. In addition, how do I present my case to the oil change place if I think it is their fault?

At this point measuring the oil in the engine would be a good idea. There should be somewhere in the neighborhood of 6.8 quarts. If there is much more or much less that certainly could have caused a serious issue. In addition, the oil filter is a cartridge as opposed to a spin-on filter. If the filter was damaged during installation that could also be an issue. You could also have the oil analyzed, which will give you an idea of the oil quality. I would document everything with photos. If the oil level is correct and the filter looks correct, then it is unlikely the oil change shop did anything that would have led to the engine failure. Something else to look at: the common failure of this engine is the timing chain, the guides wear, and the chain stretches. If the car was driven aggressively over its lifetime or wasn't properly maintained the engine failure could be a result of a worn timing chain.

I recently had the battery replaced by AAA in my car. When the technician came out to look at the car, he confirmed the battery needed replacement. I asked about replacing the standard battery with a new style AGM battery. I have read about them and even though more expensive I thought it would be a nice upgrade. When I asked him about it, he said although one would fit, he wouldn't recommend it. I know you work for AAA but what are your thoughts on these new batteries?

I would call what you have read a well-intentioned misconception. An AGM (Absorbed Glass Mat) battery is not an upgrade over an original equipment traditional battery. The AGM batteries have specific characteristics for the vehicles they were designed for. AAA's engineering team have performed extensive studies on all kinds of batteries and found there is no value gain in replacing a traditional battery with an AGM battery. The extra cost doesn't provide longer life or increased starting performance in cars that were not designed to use AGM batteries. Now, of course you should never replace a factory AGM battery with a traditional lead acid battery.

I am 19 and looking for a reliable car for under \$10,000. My mom has a 2012 Toyota Camry with 125,000 miles on it that she is willing to sell me for \$8,500. I found a 2005 Toyota Matrix in mint condition with 65,000 miles for \$7,500 that I really like. I was also considering a cheaper 2005 Toyota Camry but then people said that car is too old. I'm wondering what your suggestion is should I get an older car? I'd prefer to not pay too much for insurance. Most of my friends have older cars that they are very happy with and I would like to change from my mom's car because it is so familiar. Any advice?

The 2012 Toyota Camry would be the best choice, you know the service history, it is safe and very reliable, although maybe just bit over-priced according to KBB and NADA Used Car Guides (but that is between you and mom). The 2005 Camry could be a good car, but you really need to have any car even your mom's cars checked out by a good repair shop before buying it. I will say the Toyota Matrix is one of my favorite cars; they are built on the Toyota Corolla platform which makes them solid and dependable and although maybe you don't need a small wagon, it is a very handy vehicle.

I haven't been driving my car much since March. I average only about 5-10 miles per week. I usually bring my car in for maintenance twice a year — once in the spring and again in the fall for oil changes, tire rotations and other checks. Do I need to bring my car into the shop for service even though car is running fine and I haven't been driving all that much?

Since the start of the pandemic, many people are driving far less than they once did. When it comes to cars, sometimes lack of use is worse than abuse. Depending on the car, most will need an oil change twice per year, some cars like Toyota and VW can go a year between oil changes. Since you are only driving about 600 miles a year, depending on the recommendation in the vehicle owner's manual, I think once per year would be okay. What you are doing is good too, it is important to exercise the car once per week driving at least 15 miles. This helps keep the battery charged, the

brakes operating properly and all the moving parts moving. When the car goes in for service let the technician know how little you are driving so, they can look at items that are important year-round and not just seasonal maintenance. Some shops also are performing maintenance check-ups. Basically, they are just giving the car a good once over to see how it is doing and then making recommendations based on their observations and your driving.

I'm having trouble with my 2016 Chevy Cruze LT. I have had the car for a while and sometimes when I start it up it rumbles and there is a message on the dash "engine power reduced" "service stabilitrak." If I continue to drive it, there's barely any power and when I push on the accelerator pedal it doesn't go, unless I shut it off, restart it and then it may be fine again, until the message comes up again. What is wrong?

The reduced engine power mode is usually indicated when there is an issue with the electronic throttle control system. The new problem may be connected to the old problem. General Motors put out a warranty extension on the accelerator. The pedal can break or fracture from excessive pressure being applied to the pedal. This can happen if you rest your foot on the pedal when exiting or entering the vehicle. The special coverage adjustment covers the car until it is 10 years old or has 120,000 miles on it.

Hope you are well I used to listen to you on the radio every Saturday for the past 25 years and miss your program. I started listening to Junior Damato, Brad Sears and you. And now you are no longer on the air, I hope you are doing well and closing in on retirement.

Thanks for the kind words. I haven't retired, the program has moved to a different station. You can find my program on Saturday morning at 10 a.m. on 104.9 FM or online www.northshore1049.com

I have 2015 Cadillac and it was running rough. I took it into the dealer and they told me the engine was full of carbon from using cheap gas. The dealer took care of the problem at no charge but told me I need to use name brand gas. Is this true?

Some engines are very fussy with fuel quality and deposits will build up in the combustion chamber and can cause rough running and even a check engine light. Fuel that has the designation- TopTier (toptiergas.com) has additional additives in all the grades and can help keeping the engine clean. Using TopTier gas even once per month can have a beneficial effect on your car's engine.

Not really a car question: what would you consider the price point and or age of a used vehicle to avoid heavy depreciation while not so likely to need major repairs? As an average for a domestic passenger vehicle.

Once you drive a new vehicle off the dealer's lot it starts to depreciate. The largest depreciation is in the first year of ownership. Once the vehicle reaches 30-40,000 miles there may be some repairs needed such as filters, tires and brakes. The average mileage driven is between 12-15,000 miles per year, so based on this scenario, the best bet in a used car is one that is one to two years old. An older car can be a good value, but you may need to perform some repairs and that should be factored into the price or your purchasing decision.

I have replaced three fuel pumps in my car in five years. I have been lucky — I have only paid for the first fuel pump; the other two were under warranty. The car is eight years old. Why in the last five years has this been a problem? I purchased this car when from a co-worker when it was three years old and they never had any of these problems. What is going on?

The most common issue with fuel pump failure is overheating of the fuel pump. If you routinely drive around with the "low-fuel" light on, there isn't enough fuel in the tank to cool the pump. Now that the pump is new when possible refill the fuel tank when it gets to one quarter full and see if this extends the life of the pump.

I have recently been car shopping for a four or five-year old sedan for my kids to use. Do you have any suggestions on what I should be looking for? I want to keep in the \$10-\$15,000 range and of course want something safe for year-round use. Any suggestions?

I would start with trying to find a vehicle with as much safety technology as you can afford. Even though some advance driver assistance systems are not perfect some are quite helpful. Blind spot monitoring, cross traffic alert and automatic emergency braking can help minimize the possibility of a crash. Larger vehicles typically do better in a crash than compact cars and all-wheel-drive can be safer in slippery weather. The Toyota Highlander, Subaru Outback, and Ford Edge can all be good choices. Recently Consumer



JOHN PAUL
AAA's Car Doctor

Reports and the Insurance Institute for Highway Safety put together a list of safe reliable vehicles under \$20,000. After reviewing this list, I would say, is a great starting place for anyone looking for a good used vehicle.

My husband drives a 15-year-old Hyundai Sonata with approximately 68,000 miles on it. During a recent oil change appointment, the mechanic suggested he might want to consider replacing the tires. The tread is great, we used a quarter to check the tread depth, but the sidewalls are cracking and drying out. The mechanic didn't try to push me on buying tires and in fact the car passed inspection. What is your professional opinion? Should the tires be changed?

The typical life of a tire is 6-10 years; at 15 years old, it is time for new tires. The 15-year-old tires are more prone to failure from potholes and heat. A flat tire never happens at convenient time; replacing the tires now will keep you safer.

Recently, while driving at highway speeds in my Ford pick-up, I heard a very loud noise from the rear of the vehicle. The passenger side rear window shattered and small fragments covered the seat. Fortunately, there no passengers aboard. The police (I thought I was shot at), glass shop and the Ford dealer had no explanation for this problem. It was only about 75 degrees at the time. Do you have any idea why this occurred?

Glass can shatter from stress, (the body flexes) poor installation, defective product and of course impact. The interesting thing about tempered glass is that even though it is much stronger than regular glass (and safer) it has a memory and if something hit it once, over time that nick may cause a fracture and the glass can burst into tiny pieces. Years ago, some Scion vehicles would suddenly have the sunroof shatter; those seemed to be related to stress placed on the glass panel. I have looked for tech bulletins and didn't find any. As a minimum you should report the issue to NHTSA (www.safercar.gov) so it is on record.

I have a six-year-old Toyota RAV-4 and in older cars I always had the transmission fluid changed every five years. I went to my mechanic and he said the transmission is sealed and the fluid can't be changed. Why would a car manufacture do something like this? The car has no dipstick and no drain plug. I would like to know if I drill a hole in the pan and drain the fluid and measure the fluid coming from it can I put another hole in the top of the pan and put transmission fluid in?

Your Toyota, like many vehicles these days, does not have a conventional dipstick, making checking the fluid difficult. The fluid can still be checked and changed (it does have a drain) and can be refilled. The process is a bit tedious, but it can be accomplished. As for changing the fluid, it may not actually be necessary. According to Toyota's "normal" service table there is no need to change the fluid. Of course, if you use your RAV-4 for towing a small boat or as Uber or Lyft ride hailing service, then you should follow the "severe" maintenance schedule and the fluid should be changed at 60,000 miles.

Three years ago, I leased a Kia Sorento. I really like the vehicle and want to buy it as the lease is coming to a close. The issue is the original dealer sold out to someone new and I'm not getting much of a response concerning my original deal. Does the new dealer have to abide by the original numbers that I was quoted when I leased the vehicle three years ago?

You leased your Sorento through Kia, not the individual dealer. So, there is no reason to think that the original number to buy the vehicle will not stand. You could go to another dealer, but some dealers charge fees to process the paperwork. I have heard of some dealers charging as much as \$800. I spoke with our lending department here at AAA and they handle this type of thing on a regular basis. The steps are relatively simple. You would call Kia (end of lease department) and have them send out a lease end package.

Cont'd On Page 17

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7

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Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 16

You fill out the paperwork, write them a check or take out a loan and after all the paperwork is processed the Sorento is yours.

I've noticed over the past several weeks a noise that sounds like a whine of a plane or a lawn mower sound when I go over 40 mph. When I go under this speed the car sounds normal. Do you have any idea of what this noise indicates?

There are many possibilities of items that can make this type of noise. The first thing that comes to mind is a faulty wheel bearing. As the car speeds up a whirring noise will develop and get louder the faster you drive. Even a badly worn tire can make a whirring noise at higher speeds. At this point it would be best to go for a ride with a technician so you can demonstrate the noise.

With the recent storms I was thinking about a generator for home. I thought a smaller unit just enough to keep the refrigerator and a few lights running. After looking at generators and thinking they are too much work to maintain I was thinking about a voltage inverter. Can I hook up an inverter to my car and power part of my house?

The backbone of a voltage inverter is the battery that it is connected to. I have a 900-watt inverter that is enough to power my refrigerator and TV. Running off my car's battery it will keep things going for a couple of hours. Unless inverters are hooked up to a series of batteries, they are not really meant to replace a generator.

My son took my car out the other night and it came home on a tow truck. I had it towed to a local garage and they told me the engine is knocking and will need replacement. When I asked my son what he did, all he said was he drove through a puddle and then the engine stalled. What happened?

More than likely it was more than just a puddle. Driv-

ing through deep water or driving quickly even through just eight inches of water can cause a condition known as hydrostatic lock. An engine is nothing more than a pump; it takes in air and pushes out air through the tail pipe. In this case the engine was trying to compress a liquid rather than air. Since you can't compress a liquid, the engine became damaged and probably bent or broke a connecting rod. The good news is, that this may be covered by your car insurance-as a road bed collision.

My husband and I show horses and it is time to upgrade the horse trailer and our truck. We have settled on a three-horse gooseneck trailer with living quarters and now need a truck to tow it. We are looking at a Ford diesel. What to you think?

I recently drove the Ford F350 SuperDuty pickup truck. The truck is big, although it drives well and rides very comfortably. This truck can easily tow your trailer. The truck I drove was also set up for a fifth-wheel hitch, similar to what you would need and was capable of towing 22,800 pounds. My test model was also a Platinum edition truck which had every possible comfort, convenience and safety feature that is currently available. I think the F350 SuperDuty with its powerful and reasonably efficient diesel engine would be a good choice.

I have a 2010 Jeep Grand Cherokee. It has been a pretty good vehicle and at this point I keep it for winter travel and trips to the beach in the summer. I have a new Hyundai Santa-Fe for long distance trips. Here is the problem: the heat suddenly stopped working. The heater was blowing hot air and wouldn't cool at all. I swapped cars and drove the new Hyundai. The next time I used the Jeep, the same problem, no cool air and it has been hot! I took it to my local mechanic and lifted the hood and checked everything but didn't see anything "mechanically wrong" with it. Strangely, when I headed back home the A/C worked great. The mechanic suggested that I bring it to a Jeep specialist since it must be

an electrical issue. Do you agree?

It is possible the blend door was simply stuck and the bang of closing the hood allowed it to move and work. The blend door uses a plastic gear set and they are prone to breaking. I would start by looking there first.

I bought cheap a 2010 Chevrolet Malibu in Nashville when I was visiting and drove it home. The car is really clean but like every southern car I looked at it has 200,000 miles on it. Here is the problem: sometimes when I start the car it sounds like a rapid grinding banging noise. I took it to my local shop and they replaced the starter. The car is much better but from time to time it makes the same noise. What could be wrong.

Judging by your description the starter drive gear in not properly meshing with the engine's ring gear/flywheel. I would start with removing the starter and inspecting the ring gear. The longer the starter was grinding the more likely it could damage the engine's flywheel/ring gear. If the ring gear is damaged, the labor cost to replace it will take about seven hours.

I have a 2002 Porsche Boxster. I purchased it used a few years ago and it only has 23,000 miles on it. I have just learned about the IMS bearing failure issue. What is an IMS bearing and how important is it and do I need to replace it proactively?

The intermediate shaft (IMS) bearing is an interesting failure on Porsche. Some Porsche experts will say that there are only two kinds of Porsches the cars that the bearing is going to fail or the engines that have had the bearing replaced. Some enthusiast drivers will periodically have the oil analyzed looking to metal that would indicate the bearing was failing. If the bearing fails, there is a good chance that the engine will be destroyed. I have read that one out of five Boxsters of your vintage will have a IMS failure. If it was my car and I wanted the piece of mind, I would be tempted to replace the bearing.

AAA: Automaker Marketing May Lead To Overconfidence, Misunderstanding

Motorists using active driving assistance systems, which combine vehicle acceleration with braking and steering, tend to overlook safety limitations when the branding and marketing used to sell it suggest an "automated" driving experience, according to new research from the AAA Foundation for Traffic Safety.

Researchers found consumer information that stresses convenience and capabilities while minimizing limitations can inflate expectations regarding what the system can do and the situations that it can handle. AAA warns that a false sense of system capabilities created by marketing campaigns can lead to dangerous scenarios on the road.

"Based on data collected from our research, subtle differences in tone and emphasis significantly influenced people's understanding of the technology and their expectations of its capability," said Dr. David Yang, executive director of the AAA Foundation for Traffic Safety. "These systems assist the driver and take some of the stress out of driving, but they don't eliminate the need for drivers to pay attention."

In this latest AAA Foundation study, 90 research participants received a brief overview of an active driving assistance system with a realistic but fictitious name. Before driving the same vehicle, half of the participants were told their system was called "AutonoDrive"

and were given an upbeat training that emphasized the system's capabilities and driver convenience. The other half of the participants were told their system was named "DriveAssist," and their training placed greater emphasis on the system's limitations and driver responsibility. Participants trained on AutonoDrive came away with greater confidence — and in some cases, overconfidence — in the system. After completing the training and driving the test vehicle, 42% of the participants using AutonoDrive, said its name made the system sound more capable than it is, while only 11% of DriveAssist users felt the same.

"From our research, it's clear that education and training can influence users' expectations, how they will interact with and their behaviors when using new vehicle technologies," added Yang.

Potential consumer misunderstandings of new vehicle technology need to be addressed. In a previous survey, 40 percent of Americans told AAA they expect active driving assistance systems, with names like Autopilot and ProPILOT, to have the ability to drive the car by itself. AAA recommends that automakers provide consumers information that is not only technically accurate but also balanced in terms of setting expectations that match what consumers will ultimately experience on the road. For

Sample Perception Differences Between AutonoDrive versus DriveAssist

	AutonoDrive	DriveAssist
The system would make them feel more comfortable eating while driving	65%	27%
The system would make them feel more comfortable using a handheld cell phone	45%	13%
The system can take action to avoid a collision when a vehicle directly to the side begins steering into it to change lanes	42%	4%
The system can automatically reduce speed on a tight curve without the driver doing anything	56%	27%

consumers, there must be an emphasis on driver engagement and understanding the limitations of these technologies. Car dealers have a responsibility to educate car buyers on these technologies, but not to oversell a vehicle's bells and whistles.

"Automakers are in the business of selling vehicles. Understandably, they will emphasize convenience and system capabilities in their marketing campaigns. But, their marketing campaigns, materials and consumer information should not mislead motorists," said Mary Maguire, AAA Northeast

Director of Public and Government Affairs. "Words matter. We can do better by taking care to be more realistic in setting expectations for consumers such that the sale of a new vehicle does not come at the expense of safety."

Drivers have a role to play, too. They are responsible for taking the time to understand the technology in their vehicle. New features, functions, and limitations should be understood before leaving the lot. Additional AAA Foundation research examined active driving assistance in on-

road driving with research participants and found that when motorists receive detailed, comprehensive training on the system, they initially pay more attention to the overall driving task.

To reduce misuse or overreliance on the systems, AAA recommends that new vehicle owners follow this PLAN:

- **Purpose** — Learn the purpose of active driving technology by reading the vehicle's owner's manual and visiting the manufacturer's website.

- **Limitations** — Understand what the technology

cannot do; do not make any assumptions about automation. An active driving system should not be confused with a self-driving one.

- **Allow Time For Testing** — Allow time for safe on-road testing, so drivers know exactly how this technology works in real driving situations.

- **Never Rely On It** — Do not rely on this technology; instead, act as if the vehicle does not have it with the driver always prepared to retake control if needed.

For more information, visit AAAFoundation.org and Newsroom.AAA.com.

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SUN FUN PAGES

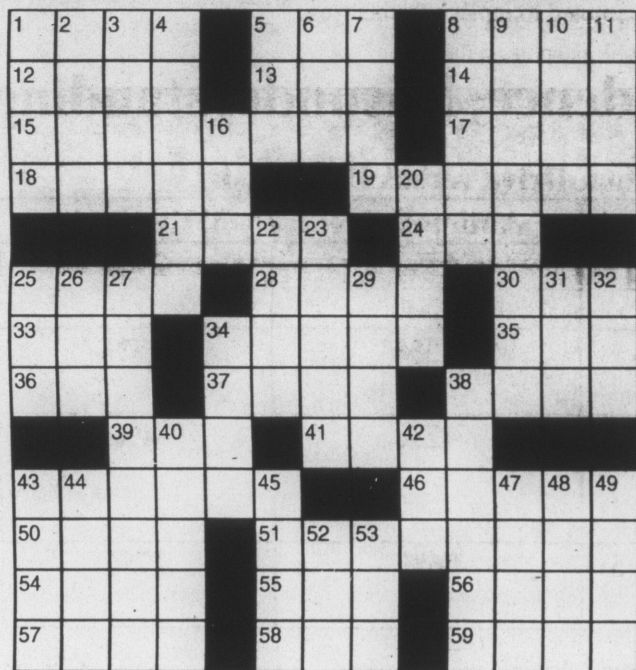
King Crossword

ACROSS

- 1 Amorphous mass
5 Pouch
8 Con job
12 Portrayal
13 Id counterpart
14 Actress Jessica
15 "The danger has passed"
17 Borscht ingredient
18 Shelton or Lively
19 Chopping spree?
21 Breakfast for many
24 Jam ingredient?
25 Treaty
28 Teeny bit
30 Cow's chaw
33 Ostrich's cousin
34 Small chalkboard
35 Work with
36 Suitable
37 Gasp for air
- 38 Impale
39 Masseuse's workplace
41 Not this way!
43 Plot
46 Supermarket section
50 Cupid's alias
51 2,000 pounds
54 Legal wrong
55 "Wham!"
56 String
57 Gospels follower
58 Longing
59 Robert of "Airplane!"
- 16 Journey segment
20 Pinnacle
22 Big bash
23 Rise
25 Pod dweller
26 Pump up the volume
27 Curtail
29 "Beetle Bailey" dog
31 NAFTA signatory
32 Society new-comer
34 Unwanted email
38 Tattletale
40 Nuisances
42 Stratego situation
43 — good example
44 Gator's kin
45 Catch sight of
47 Old portico
48 Australian parrot
49 Conclusions
52 Weeding need
53 Have

DOWN

- 1 Snatch
2 Take to the hammock
3 — podrida
4 St. Thomas
5 Witness
6 — Khan
7 Stopper
8 Israeli indigene
9 Unambiguous
10 Help a hood
11 Partner



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MAGIC MAZE

END OF TIME

X T Q N K I F C M Z W U R P M
J H E C Z B X U E M I T G A R
S Q N L J G E E A N Y T I M E
C Z X V T M E D L E E R E R M
P U P T I M E M T M T M M N I
L J H T I M E C I I I A I Y T
M I S T I M E T M T M W T V R
T A A T R P F E E X N E E N A
P E Y L K L I F G E E W N C W
T A B Z A X I W U L S R O P O
D M L H J L I G E F D B A D Y

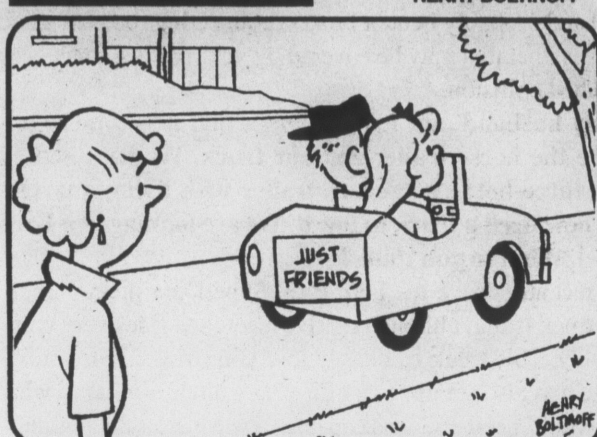
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: After Sunrise, Before Sunset

Airtime	Flextime	Mistime	Teatime
Anytime	Halftime	Onetime	Uptime
Bedtime	Lifetime	Pastime	Wartime
Downtime	Mealtime	Ragtime	

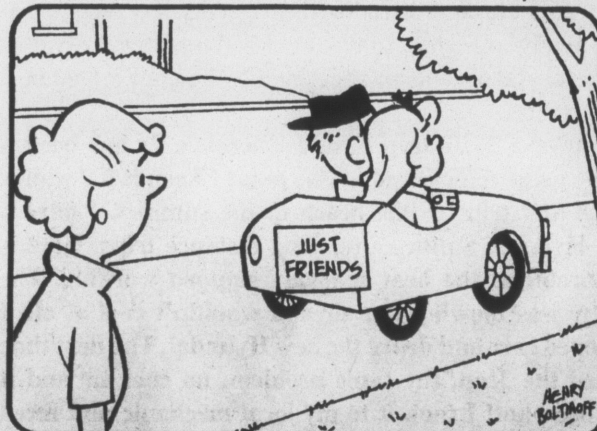
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is larger. 2. Fence is missing. 3. Hubcaps are different. 4. Earring is different. 5. Windshield is gone. 6. Wall has been extended.

Trivia test

by Fifi Rodriguez

- U.S. STATES: Where is the Rock & Roll Hall of Fame located?
- LITERATURE: Which famous novel begins with the line, "You better not never tell nobody but God"?
- GENERAL KNOWLEDGE: What is the nickname of Tulane University's athletic teams?
- MUSIC: Acorn, drop, ball and barrel are all types of what?
- MOVIES: Which animated Disney movie featured the theme song "A Whole New World"?
- GAMES: How many strikes must one throw to achieve a perfect 300 score in bowling?
- ANATOMY: Which human organ filters blood, removes waste and regulates salt levels?
- HISTORY: How many people survived the sinking of the Titanic in 1912?
- GEOGRAPHY: Where is the island of Palau located?
- ANIMAL KINGDOM: What is a group of rhinoceroses called?

Answers

- Cleveland, Ohio
- "The Color Purple"
- The Green Wave
- Drumsticks
- "Aladdin"
- 12
- Kidneys
- 706
- Oceania
- A crash or herd

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2 3 6 7 2 7 3 4 7 8 3 5 4
E A U H N A B B P N U L E
7 4 3 2 5 6 2 5 3 6 3 6 5
P P N D O S U V D E A C E
3 6 8 6 3 4 7 2 7 3 4 8 5
N O O M T R I R N D E C A
2 7 2 3 5 7 2 7 5 8 2 3 5
I E N E B S G S O L L L U
6 8 4 5 3 5 6 7 6 3 7 5 8
M O P N I D O I N G S S U
6 2 6 8 3 2 6 3 6 7 4 6 2
S O E D H V N T S Y A E E
7 4 7 8 4 8 7 8 7 8 4 8 8
O R U S E T R O S D D A Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4; if the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Personal matters claim a good deal of the Lamb's time in the early part of the week. But by midweek, pragmatic considerations (work, school, job-seeking, etc.) begin to take priority.

TAURUS (April 20 to May 20) The seasonal shift ignites the Bovine's creative aspects. You could do well if you try to combine your penchant for innovation with the more pragmatic demands of the week.

GEMINI (May 21 to June 20) Ideas come easily to you this week. And never mind that some might suggest they're unworkable and/or impractical. It's your vision that counts. Work them out and see what turns up.

CANCER (June 21 to July 22) Personal matters continue to dominate the early part of the week. By midweek, more workaday issues once again begin to emerge. Balance your time to give both the attention they need.

LEO (July 23 to August 22) A new contact could provide an expanded opportunity. But be sure you get all the facts before you consider signing on. Ask questions, and be wary if you don't get the right answers.

VIRGO (August 23 to September 22) An unexpected development could cause some supposedly resolved disagreements to reignite. Deal with the situation before it leads to some really serious problems.

LIBRA (September 23 to October 22) A clash of work-linked viewpoints needs to be discussed openly, honestly

and calmly by all concerned before it can impede progress on an ongoing project.

SCORPIO (October 23 to November 21) The Scorpion's pragmatic side helps you accept the possibility that a change of plans might be the wise thing to do. Be sure to weigh all your considerations carefully.

SAGITTARIUS (November 22 to December 21) Some people might not take no for an answer. Never mind. Keep your resolve if you're sure you don't want to be involved in a potentially sticky situation.

CAPRICORN (December 22 to January 19) All other facts and figures aside, it's what you learn about potential colleagues that can be most helpful in assessing any decisions you're likely to make regarding a new project.

AQUARIUS (January 20 to February 18) You might want to reconsider some of your outside commitments if they continue to demand more time than you can spare. Be honest with yourself when making a decision.

PISCES (February 19 to March 20) Pay attention to that inner voice of Piscean wisdom counseling you to remove those rose-colored glasses and take an honest look at any decisions you might face this week.

BORN THIS WEEK: You have a penchant for persuasion that would make you a fine candidate for a political career.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: S equals G

R'DH WHYRPRMHEO JHHP SNRPS
JTEW. ETMHEO. MN JH GNPHIM, R
YRPW MGMT DHXO WRI-MXHIIRPS.

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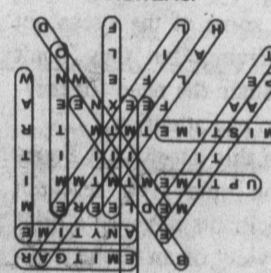
King Crossword

Answers

Solution time: 25 mins.



Magic Maze ANSWERS:



CryptoQuip answer

I've definitely been going bald lately. To be honest, I find that very distressing.

S
E
P

1
7

2
0
2
0

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – For years, filmmakers have added bits of legal nudity to spice up their movies. So why not just throw the movies away and make a movie with the best and most controversial nude scenes? It's called "Skin: A History of Nudity in the Movies." Among the films that nudity has been taken from are "Last Tango in Paris," "The Blue Lagoon," "Fast Times at Ridgemont High," "Blow-Up," "Caligula," "Vixen" and "Ecstasy." Among the dozens of actors and directors providing commentary are: Linda Blair, Peter Bogdanovich, Bruce Davison, Pam Greer, Traci Lords, Malcolm McDowell, Sylvia Miles, Marilyn Monroe (archive footage), Eric Roberts, Mamie Van Doren and Sean Young. They threw the movies away and kept the sexy parts for 130 minutes of "Skin"!

From ridiculous to sublime... "Army of the Dead," the sequel to the zombie movie "Dawn of the Dead" (2004), starring Dave Bautista, about a zombie outbreak in Las Vegas with the backdrop of a mercenary heist of a Vegas casino, was completed before COVID-19 hit. But since comedian Chris D'Elia, a co-star of the film, is facing accusations of sexual harassment of underage girls, he has been replaced – scene for scene – by comedienne Tig Notaro.

"Captain America" Chris Evans and "La La Land" Oscar-nominee Ryan Gosling are joining forces to star in the Netflix action thriller "Gray

Man," based on the bestselling book by Mark Greaney. Gosling plays an ex-CIA operative who becomes a killer for hire pursued by his former colleague Evans. Kind of curious that Gosling's last three projects have "man" in their title: "First Man," "The Wolfman" and "Gray Man."

Two Asian TV series stars whose shows have ended – Daniel Dae Kim ("Hawaii Five-0") and Randall Park ("Fresh Off the Boat") – have been friends for years and have looked for a project where they can work together. They finally got their wish and played opposite each other in Netflix's "Always Be My Maybe." In addition to recurring roles in "New Amsterdam," as Dr. Cassian Shin, and "Flack," as Gabriel Cole, Kim stars with Anna Kendrick and Toni Collette in the upcoming science-fiction thriller "Stowaway." As for Park, he plays the school principal in the remake of "Valley Girl," with Jessica Rothe and Josh Whitehouse, which was released in May on Amazon Prime.

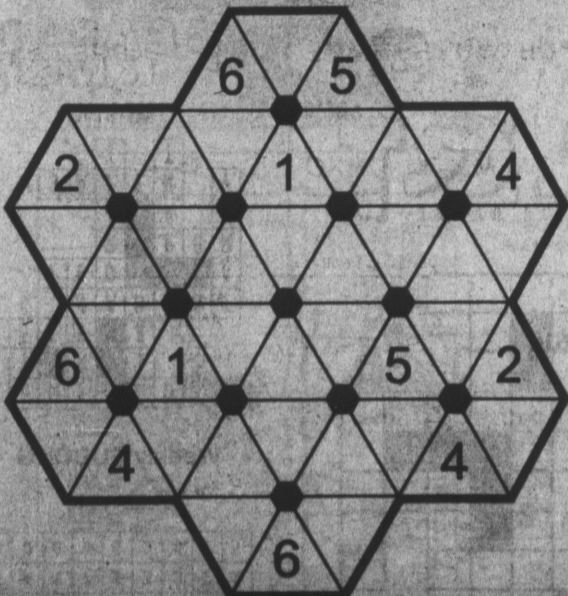
Kelsey Grammer returned to shooting "Miss Willoughby and the Haunted Bookshop" in England with Natalie Cox ("Kingdom of Heaven") in mid-July with strict COVID-19 guidelines, and he admits, "This has been a terrific experience, a wonderful creative process." At this point, working anywhere is a terrific experience!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		15
+		x		x	
	-		x		24
x		+		-	
	x		+		14
13		9		15	

1 1 3 4 5 6 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Ivory Pie Crimper – Old tools can be hard to identify because many are no longer used. A carved ivory leg with a little wheel at the top looks like it might be a toy or a drawing aid, but it would be odd to make a tool of ivory. This auction item, recently sold by Eldred's Auctions, is a pie crimper, probably made by a sailor to give to a girlfriend or mother. It sold for \$3,600 as an interesting, decorated piece of folk art. Those who bake pies know that the wheel is used to cut or seal decorative edges of a pie crust. But there is another bit of history that makes this antique interesting.

In the 1950s when we started writing about antiques, the identification of unfamiliar objects was based on old letters, ads, family stories and guesses. Today, most of the conclusions are considered myths. Sailors had time to carve many small ivory objects, often as gifts. Parts of the human body were considered erotic, and at various times the ankle, leg, neck, bust, buttocks, long hair or even total nudity were featured in paintings and pictures to set a risqué mood. But today the story of the ankle or the leg is considered a myth. Women usually wore boots, long stockings and long skirts for comfort and the leg was rarely visible. So, the pie crimper was a gift of love, but probably nothing more serious.

Q: My father owned a butcher shop and grocery store in the 1940s and '50s. I have several tins that held coffee, cookies, pretzels, lard and spices that came from the store. Are they worth anything?

A: The first tin cans were made

in the early 1800s. The type of can we use today, with a crimped top and soldered side seam, was first made in 1898. Some collectors of advertising items collect tins. Some specialize in tins for a single product, like coffee, tobacco, beer or oil. Tins with modern graphics and streamlined pictures indicate that they are no older than the 1940s. Collectors want older tins and tins for products that are no longer being produced. Tins with interesting graphics usually sell for more than those with just words. Some sell for a few hundred dollars or more, but common tins sell from about \$50 to \$100.

CURRENT PRICES

Folding ruler, boxwood, brass hinge tips, No. 61 Stanley, 24 inches, \$20.

Mixing bowls, nesting, red, turquoise, baby blue, yellow, McKee Glasbake, 1950s-60s, 6 inches to 9 1/2 inches, set of 4, \$145.

Toy, Space Frontier, Apollo 15, battery operated, astronaut, revolving, stop-and-go action, hatch opens, Yoshino, box, 1960s, 18 inches, \$270.

Doorstop, rabbit, wearing coat with tails and top hat, painted, cast iron, Albany Foundry 94, 10 inches, \$540.

TIP: Toothpaste makes good silver polish. It also can be used to clean ceramic doll faces. A toothbrush makes a good small scrubber.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

Walking at 3/4 of her usual speed, Molly arrives at her destination 2 1/2 hours late.

What is her usual time for walking this distance?

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Strange BUT TRUE

• English philosopher Sir Francis Bacon (1561-1626) is believed to have eaten a paste of ground pearls and lemon juice to cure illness.

• Speaking of pearls, the ancient Greeks believed they were the hardened tears of joy from Aphrodite, goddess of love.

• Facebook's theme color is blue because Mark Zuckerberg is red-green colorblind.

• Barking Sands Beach in Hawaii is famous for the "woofing" sound the dunes make when built-up sand slides.

• In 2012, the makers of Bubble Wrap-brand cushioning conducted a survey in which respondents said that just over one minute of popping bubbles provided the stress relief equivalent to a 33-minute massage. Don't have any on hand? No worries! The manufacturer also released an iPhone app that allows you to pop virtual bubbles all day long.

• Fear of young people is known as "ephebiphobia."

• The astronomer William Henry Pickering thought that black spots on the Moon

were migrating insects.

• In Ethiopia, a spot appropriately known as "The Gateway to Hell" is one of the hottest on earth, with air that's toxic to humans. Scientists have found organisms in its acid pools that are capable of surviving without oxygen.

• Avid readers aren't normally intimidated by a hefty tome, but they might well pause at what's been called the largest book ever. Weighing more than 3,000 pounds and measuring 16.40 feet by 26.44 feet, with 429 pages, "This the Prophet Mohamed" was created in 2012 by 50 people in the United Arab Emirates.

• A gallon of gasoline contains a whopping 31,000 calories. We don't expect that you would actually drink it, of course.

• A California man who made a personalized license plate that said "No Plate" received more than 2,500 parking tickets.

Thought for the Day: "Today's accomplishments were yesterday's impossibilities." – Rev. Robert H. Schuller

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Now here's a tip!

by Jo Ann Derson

• Cooking a recipe with garlic and onions to start? Invite me to dinner! But first, remember to let the onions cook to nearly translucent before adding the garlic, which cooks much faster. If you put both in at the same time, the garlic will burn before the onions have a chance to deepen their flavor.

• Automatic toilets are great for not having to touch the handles, but they can be scary for kids – and some adults too, if I'm being honest. Try putting a sticky note over the sensor so that it will not flush until you take it off, giving you some control.

• "For chores, I write tasks on sticky notes and put them up on our family board. The kids choose the things they want to do, and when they are done to my satisfaction I sign their ticket. At the end of the week, they can bring me the tickets to pay out. This is for extra money, so they don't have to do it;

I don't have to chase them, and I don't have to keep track of it either." – E.L. in Montana

• Every so often, use a very diluted bleach solution to rinse out your reusable water bottles. Put them on a bottle rack to air dry completely before sealing them back up.

• "I use the same grip tape that my son uses for his baseball bat on my hand tools, like my hammer and pry bar. I also have used it on my lawn tools. It makes a nice barrier that stays put." – C.R. in South Carolina

• Things you should wash with soap and water more often than you think: hairbrushes, eyeglasses (and sunglasses) and keychains. Think about how often they get handled and how infrequently they get cleaned.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Go Figure!

answers

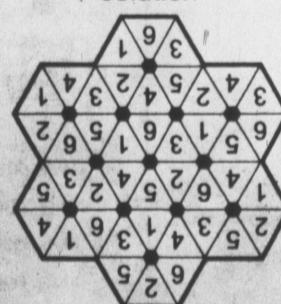
15	6	13
14	6	+
	+	x
24	8	x
x	x	+
15	3	1

Sticklers Answer

4T - 3T = 7.5
4/3 T - 1/2 T = 5/2
Her new time is 4/3 T. So 4/3 T = T + 5/2
The answer is 7.5 hours.

SNOWFLAKES

solution



Super Crossword

COUNTY EXTENSION

ACROSS

- 1 Singer Judd
- 6 1960s war zone
- 9 Old Glory's country
- 12 Morse click
- 15 For each
- 18 City-related
- 19 He played Lou Grant
- 21 Haifa native
- 23 "Alfie" singer
- 25 Boasted of
- 26 Idyllic spot
- 27 City east of Syracuse
- 28 Not inert
- 29 See 71-Down
- 31 Longtime porcelain brand
- 35 Hitter Ripken
- 38 Fish-fowl link
- 40 Some lenses
- 41 Desires
- 42 Typeface option
- 44 Gave birth to
- 47 Put — show
- 48 Outer: Prefix
- 51 City on the eastern shore of Lake Erie
- 55 Pouch near a kettle
- 60 Aid in crime

DOWN

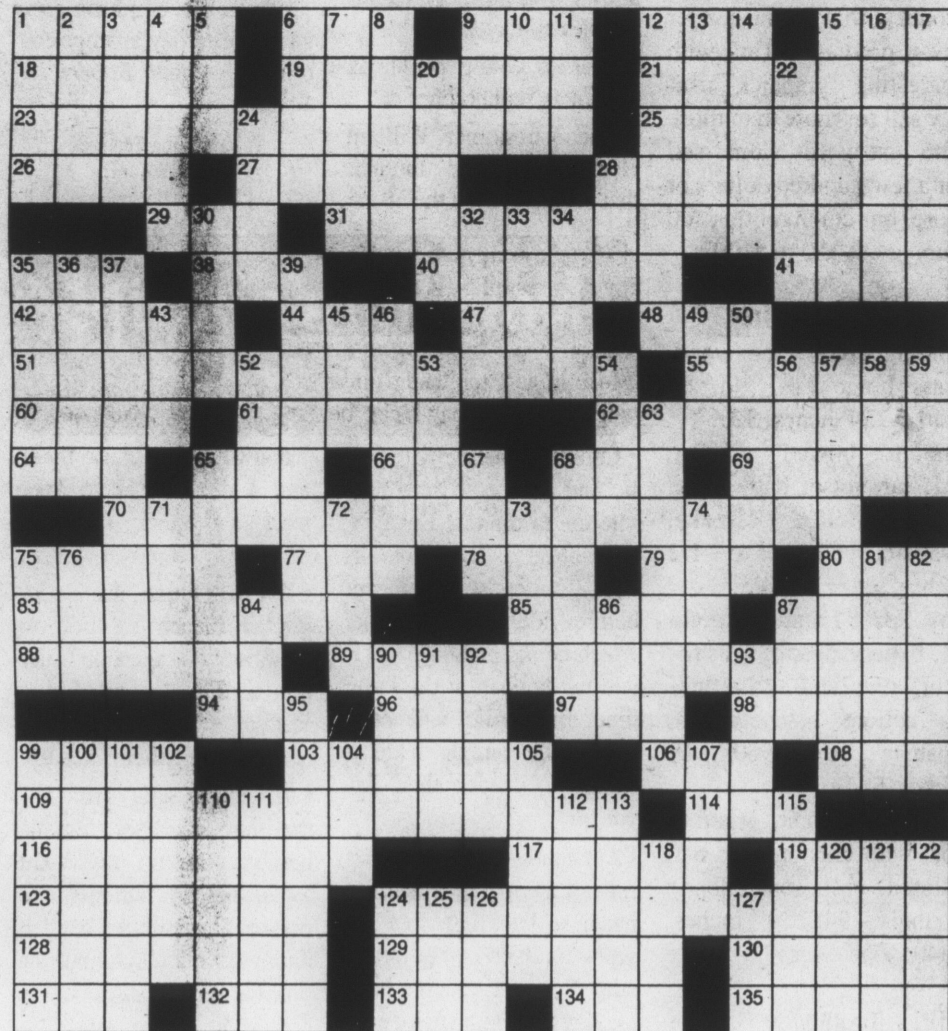
- 61 Mix up
- 62 "It's my guess ..."
- 64 Workshop
- 65 Ending for opal
- 66 "Quantic" network
- 68 Overwhelm
- 69 Be inviting to
- 70 Former Fleetwood
- 75 Belt holders
- 77 They often show
- 78 — chi
- 79 Not-so-great grade
- 80 Greek "H"
- 83 Zagreb native
- 85 Part of a flight of steps
- 87 Asir god
- 88 Walk shakily
- 89 Follower of James Buchanan
- 94 Energize, with "up"
- 96 Dawn deity
- 97 You, in Germany
- 98 Piano exercise
- 99 Optimal

DOWN

- 103 Provide with a new outfit
- 106 Not-so-great grade
- 108 La. neighbor
- 109 Laurel and Hardy film
- 114 "Woof!"
- 116 Effective use of language
- 117 Lascivious
- 119 Cuba's
- 123 Spanish dances in 3/4 time
- 124 Race held every May
- 128 Let go
- 129 "Being Julia" star
- 130 Diglyceride, e.g.
- 131 Some inserts
- 132 Steered
- 133 Topiary tree
- 134 Suffix with shepherd
- 135 English county (it can be added to the ends of this puzzle's seven longest answers)

DOWN

- 45 Plus
- 46 Postpones
- 49 Hub: Abbr.
- 50 Grow
- 52 Nation
- 53 Jack of
- 54 "Dragnet"
- 56 Voyaging
- 57 Feeling blue
- 58 Energize, with "up"
- 59 Figure out
- 63 Written with a #2, say
- 65 Foot arch
- 67 Loin or chop
- 68 Watchdog breeds
- 71 With
- 72 Author
- 73 Coins or bills
- 74 Pop singer
- 75 PC monitor type
- 76 Jorge's gold
- 81 Diacritical squiggle
- 82 Attach
- 84 Great anger
- 86 Friend in France
- 87 Mo. #10
- 90 Paul Anka's "Eso —"
- 91 Butter-and-flour mixture
- 92 "Dream on!"
- 93 — do-well
- 95 Glorified
- 99 Diva
- 100 Resounded
- 101 Turtles' tops
- 102 Private pupil
- 104 "That kinda thing": Abbr.
- 105 Rich cake
- 107 "Piece of cake!"
- 110 Virtuous
- 111 It isn't poetry
- 112 Travel plan
- 113 Body tubes
- 115 Smart-alecky
- 118 Barely
- 120 Intro painting class, maybe
- 121 Rival of Lyft
- 122 Old stringed instrument
- 124 Singer Starr
- 125 Suffix with ethyl
- 126 Florida-to-Indiana dir.
- 127 Moines lead-in



Celebrity extra

by Dana Jackson

Q: "The X-Files" is my favorite show of all time. I realize it's better to leave it alone and not revive it because it might not be the same quality as the original, but I would be satisfied with another "X-Files" movie — or two. Are there any in the works? — S.N.

A: "The X-Files," starring David Duchovny and Gillian Anderson, ran on FOX network TV from 1993 to 2002, but did you know that the series already had a revival in 2016 with two additional seasons? Anderson, who played Special Agent Dana Scully, stated that season 11 was it for her. However, recently it was announced that an animated "X-Files" series is in development for FOX with the show's original creator, Chris Carter, executive producing. However, this version will feature new characters and have a comedic take on its unsolved mysteries.

As for Anderson, you can soon see her in "The Fall" on the Ovation channel, where she plays a British homicide detective chasing a serial predator played by Jamie Dornan. If the show sounds

familiar, it's because it originally aired in 2013 on the BBC network. Ovation will re-air all three seasons beginning Saturday, Oct. 10, at 7 pm ET. Up next for Duchovny is "The Craft," a remake of the 1990s film of the same name about a coven of teenage witches.

Q: I can't wait for the new shows to premiere this fall. I realize they'll probably be later than normal, but will we have to wait until 2021 for shows like "Chicago Med" and "This Is Us"? Those are my two favorites. — F.C.

A: The fall TV season has indeed been postponed, but the good news is you won't have to wait until 2021 for your favorites to return. NBC has announced that the family drama "This Is Us" will be back with a two-hour premiere on Nov. 10. It's hard to believe the hit show is starting its fifth season. Creator Dan Fogelman promises "a rebirth" next season and said that the writers are incorporating the COVID-19 pandemic into the storyline. Meanwhile, "Chicago Med" will broadcast new episodes starting Nov. 11, with "Chicago Fire" and "Chicago P.D." following in the hour timeslots the same evening.

Q: I was wondering when "Star Trek Enterprise"



Gillian Anderson in "The Fall" Photo credit: Ovation TV

with actor Scott Bakula aired on TV? — P.G.

A: Scott Bakula became a household name back in 1989 when he starred as a time-traveling scientist in the hit series "Quantum Leap." In 2001 he joined the "Star Trek" franchise "Enterprise" as Cmdr. John Archer, which aired until 2005.

"Enterprise" was set 100 years before William Shatner's Captain Kirk and the original "Star Trek" series. The newest installment in the franchise is "Star Trek Discovery," which is available on the streaming service CBS All Access. If you're a fan of Bakula, you can catch him in his latest hit series "NCIS: New Orleans" on CBS.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-------------|-------------------------|-------------|
| 1. Comrade | — E — — — — | I'll lead, you | — O — — — — |
| 2. Tempest | — — — — M — | Tale | — — — — Y — |
| 3. Eagle's home | A — — — — — | Spooky | E — — — — |
| 4. Daily fashion get-up | — — — — F — | Get the better of | — — — — W — |
| 5. Parka or hoodie | J — — — — — | Fast food catsup holder | P — — — — |
| 6. Woody or Steve | — — — — L — | Invader from Mars | — — — — I — |
| 7. Saline solution | — — — — N — | Groom's girl | — — — — D — |
| 8. Wanted placard | — — — — S — | Beatrice or Harry | — — — — T — |
| 9. Judge's domain | — — — — R — | Enumerate | — — — — N — |
| 10. Get some zzzzz's | — L — — — — | Use a broom | — — — — W — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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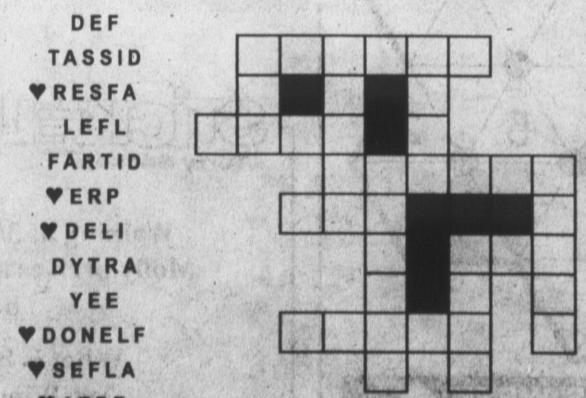
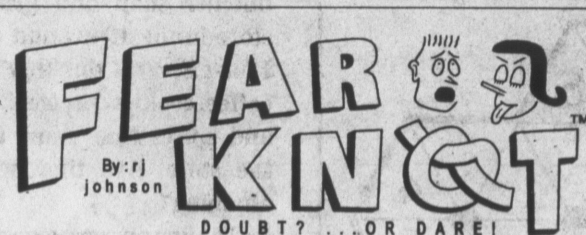
Super Crossword

Answers

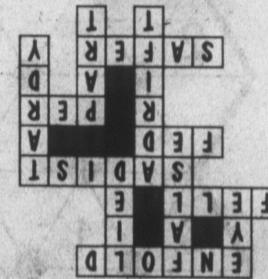


Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Fellow, Follow | 6. Alien, Alien |
| 2. Storm, Story | 7. Brine, Bride |
| 3. Aerie, Eerie | 8. Poster, Potter |
| 4. Outfit, Outwit | 9. Court, Count |
| 5. Jacket, Packet | 10. Sleep, Sweep |



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU Answer



S
E
P

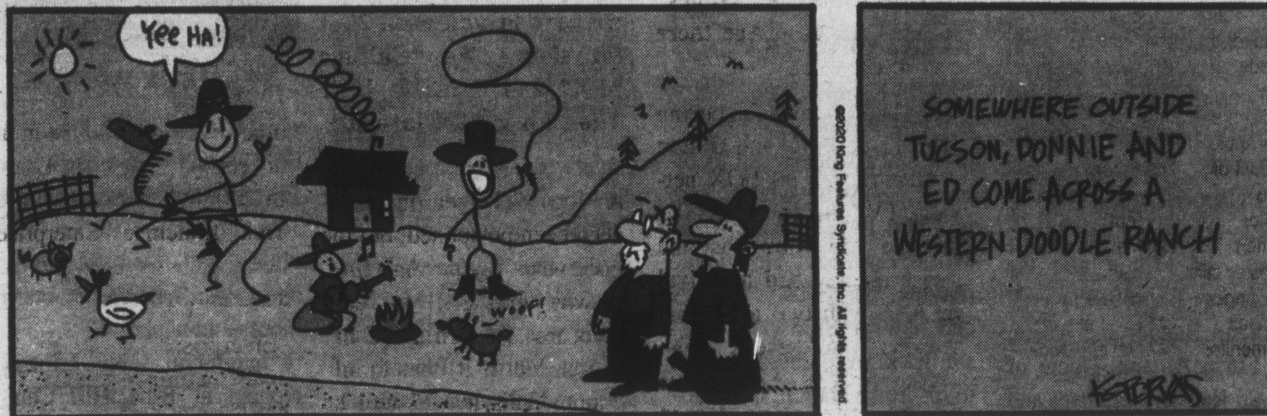
1
7

2
0
2
0

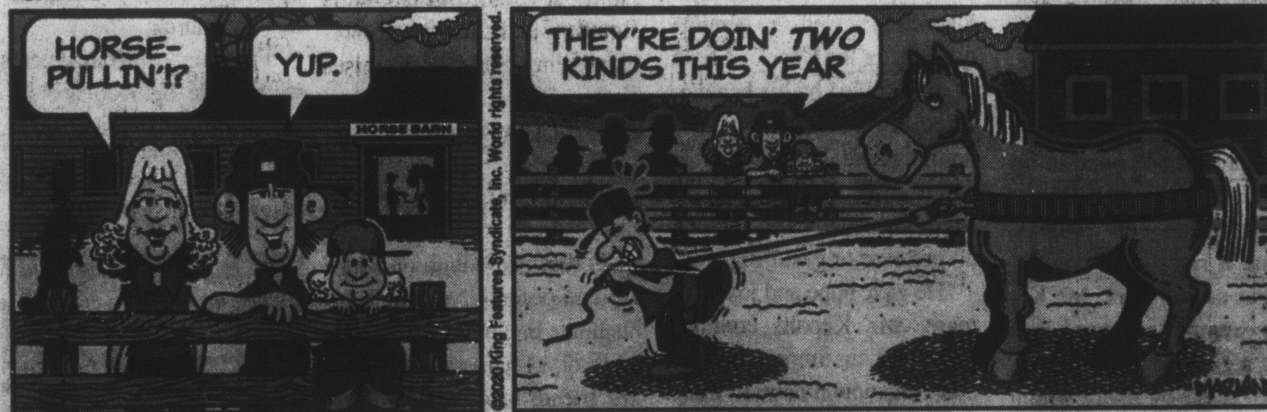
Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Mistake	PEALS		
Gift	GITARS		
Place	STILLAN		
Room	MARBLE		

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	3	6	2	2	1
3	3	4	2	3	6
1	4	2	2	6	5
5	1	3	4	3	3
2	4	5	1	3	4
1	2	3	3	5	5

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Treating a Scratch Under a Dog's Fur

DEAR PAW'S CORNER: I took my Springer Spaniel, "Rog," for a walk in the woods this morning. When we got back, I noticed he was trying to lick a spot behind his shoulder. I found a thin scratch on his skin. I dabbed it with some antibacterial ointment, but that's about it. Will he be OK? — Jessica in Jaffrey, New Hampshire

DEAR JESSICA: As long as the wound seems to be healing, Rog should be fine. Check the area once a day and reapply antibacterial ointment. If it begins to appear puffy and red, or Rog seems very distressed by it, take him to the vet for further evaluation.

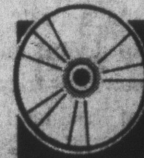
Most minor scratches on a dog's skin and paws can be treated at home using the household first-aid kit. You also can build a pet first-aid

kit that is easy to access when you walk into the house. In addition to antibacterial ointment (avoid products with hydrocortisone), it should have antiseptic solution, water-based lubricant like KY (not Vaseline), clean towels, an empty squeeze bottle (like a ketchup bottle), tick-removal tweezers, a muzzle, small scissors and a disposable razor to gently remove fur. (Electric clippers are an even safer option.)

To treat a small scratch or cut, fill the squeeze bottle with lukewarm water. Hold your dog securely, placing a muzzle on him to prevent bites if he gets agitated. Trim or shave away hair from the area. Gently clean the wound using the squeeze bottle of water. Pat dry. Dab the antiseptic onto the wound, then apply antibiotic ointment. Cover lightly with a bandage if possible; otherwise, prevent your dog from licking away the ointment for at least 10 minutes. Check and reapply ointment daily as it heals.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of Sept. 14, 2020

- Top 10 Video Rentals**
1. The King of Staten Island (R) Pete Davidson
 2. The Outpost (R) Caleb Landry Jones
 3. Hard Kill (R) Jesse Metcalfe
 4. Scoob! (PG) animated
 5. You Should Have Left (R) Kevin Bacon
 6. Trolls World Tour (PG) animated
 7. One Night in Bangkok (R) Mark Dacascos
 8. Deep Blue Sea 3 (R) Tania Raymonde
 9. The Invisible Man (R) Elisabeth Moss
 10. Emperor (PG-13) Dayo Okeniyi

Top 10 DVD, Blu-ray Sales

1. Scoob! (PG) Warner Bros.
2. Trolls World Tour (PG) Universal/DreamWorks
3. The Outpost (R) Screen Media
4. Yellowstone: Season 1 (TV-MA) Paramount
5. Yellowstone: Season 2 (TV-MA) Paramount
6. The King of Staten Island (R) Universal
7. Despicable Me 3 (PG) Universal
8. 1917 (R) Universal
9. The Mule (R) Warner Bros.
10. Rampage (PG-13) Warner Bros.

Source: Media Play News

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Hitori answer

5	3	3	2	1	5
4	3	1	5	2	4
3	4	3	4	3	5
6	2	2	4	1	5
3	4	2	3	6	4
2	2	1	3	6	4

SCRAMBLERS
Today's Word
3. Instill; 4. Ramble
1. Lapse 2. Grate
solution

OBITUARIES

Paul Kovalchik, 94

A funeral Mass for Paul Kovalchik, 94, of Hingham was celebrated Wednesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mr. Kovalchik died Sept. 10.

He was born in Luzerne, PA, on Feb. 18, 1926, the son of first-generation immigrants, George and Ann (Oravec) Kovalchik. Mr. Kovalchik was a United States Air Force three-war veteran who served in World War II, Korea, and Vietnam. He was a man of eternal greatness who served his country and his family with endless pride.

Mr. Kovalchik is survived by his beloved wife Pauline of 64 years, a son Joseph and his wife Rose of Littleton, a daughter Karen Simeone and her husband Joseph of Stoughton, four grandchildren, Jennifer Pearlstein, Michael Simeone, Sarah Kovalchik,



PAUL KOVALCHIK

Nicholas Kovalchik, and one great-granddaughter Mia Pearlstein. He is predeceased by eleven brothers and sisters.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Dr. Ruth McLain Hospice Home, 670 Washington St., Braintree, MA, 02184.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Francis Hogan

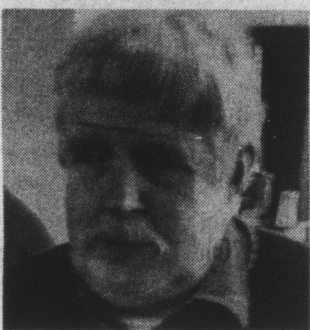
A funeral Mass for Francis Hogan of Quincy, formerly Milton, was celebrated Sept. 11 in St. Joseph's Church, Quincy.

Mr. Hogan died Sept. 7.

He adored his family and his dog Rusty. Mr. Hogan enjoyed traveling, collecting stamps, and was great at historical trivia and known as the "trivia king." He proudly worked for Filene's Basement for over 38 years as a stock associate.

Mr. Hogan was a quiet, kind, and good hearted man who will be greatly missed by all who knew him.

Son of the late James J. and Mary Hogan (Dunning). Loving brother of Agnes Donovan and her husband John of Plum Island, Newbury, James J. Hogan Jr.



FRANCIS HOGAN

MSP and his late wife Patricia of Lynn, and Eileen Hogan and her friend Al Mignosa of Rockland.

Interment at Mount Benedict Cemetery, Boston.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Alexander C. Kapolis

A graveside service for Alexander C. Kapolis of Wareham, originally from Quincy, was held Sept. 12 in Pine Hill Cemetery, Quincy.

Mr. Kapolis died Sept. 7.

Loving father of Michelle Bauder of Fall River, David Kapolis and his wife Victoria of Quincy, Elizabeth Arcand and her husband Albert of Pembroke and Sarah Morganelli and her husband Michael of Plymouth. Former husband of Mary (Buchan) Canatta. Son of the late Charles and Mary Kapolis. Brother of Maria Rae of Canton and James Kapolis of Milton and the late George Kapolis. Papa AL to Jordan Bauder and Austin and Ethan Arcand. Uncle of Ronald Rae and Michael and Elena Kapolis.

A giving, charitable and compassionate man, Alexander or "Al" as many affectionately called him, was continuously willing to give unto others both in his professional life as a contractor and in his personal life as well. Never compromising on quality, "doing it right" and presenting true artisan work, Mr. Kapolis exemplified what it was to be a genuine craftsman, to be emulated by many whom he heartened and impacted. He was highly skilled in all types of flooring installation, kitchen and bathroom renovations, custom additions and custom artisan work for specialty residential, commercial and industrial work. This is in addition to his uncanny ability to reverse engineer and repair plumbing, electrical, outboard engines, HVAC, internal combustion engines and countless more.



ALEXANDER C. KAPOLIS

Mr. Kapolis gave Mary, his wife of 24 years, four children and countless fun memories, many of which were in Alton Bay, N.H., on Lake Winnepesaukee. He loved playing his Gibson guitars and had an affinity for classic rock. Appointed deacon in his home church, his charitable nature continued for the church congregates and surrounding communities. Mr. Kapolis showed a genuine passion for the Christian faith as exemplified by his benevolence towards others and his nonjudgmental and humble nature. Mr. Kapolis treated everyone equally and allowed no pretense or gesturing.

He gave hope and joy to so many. Mr. Kapolis continuously left an impression on everyone whom he met. Dad, Al and Brother Kapolis as he was affectionately called, will be sorely missed. We take comfort knowing that he is in the presence of the Lord.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

For those who would like to make a donation, please visit Alexander Kapolis Go Fund Me at [gf.me/u/yxhaqp](https://www.gofundme.com/u/yxhaqp).

Patricia A. McKenna, 86

A funeral Mass for Patricia A. McKenna, age 86, of Quincy was celebrated Sept.

11 at Divine Mercy Parish, St. Mary's Church, Quincy.

Ms. McKenna died Sept. 6.

A lifelong Quincy resident, she worked at Quincy City Hospital before retiring.

The daughter of the late Walter and Isabel (Smollett) McKenna, Ms. McKenna is survived by her nieces, nephews, grand nieces and grand nephews.

Interment at St. Mary's Cemetery.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

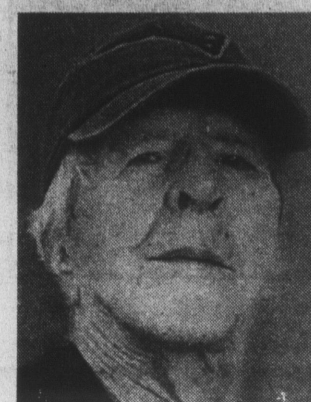
Murray J. MacInnis, 93

A funeral Mass for Murray J. "Mike" MacInnis, age 93, was celebrated Monday at Holy Trinity Parish, Most Blessed Sacrament Church, Quincy.

Mr. MacInnis died with his family by his side on Sept. 8.

A lifelong Quincy resident, he was a WWII veteran, U.S. Navy, and before retiring had worked for the U.S. Postal Service. A devout man, he served in many capacities at Most Blessed Sacrament Church and was a member of the Morrisette Post.

The beloved husband of the late Bertha A. (Uncemach) MacInnis, Mr. MacInnis was the loving father of Ann Marie Affannato of Rockland, Joseph MacInnis of FL and Kerri Ann Schmok of Randolph; beloved grandfather of Amy, Sarah, Gino, Brandon and Joshua; great-grandfather of CJ, Kelsey, Kylie, Kyla, Kiera, Cole, Bailey, Danny Lyn, Ally, So-



MURRAY J. MACINNIS

phia, Christian and Emma; dear brother of the late Marie Emery, Mary-Rita Lermond, John MacInnis, Robert MacInnis and Neil MacInnis; and is also survived by many nieces and nephews.

Interment with Military Honors at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Most Blessed Sacrament Church.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

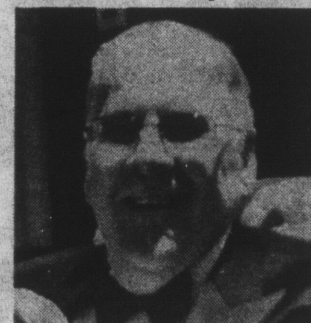
Forbes W. Kelley Jr.

Forbes Woodhull Kelley Jr. died peacefully Sept. 1 at his home in Quincy.

Skip, as he was known to his friends and family, was the son of Col. Forbes W. Kelley (U.S. Army) and Ruth T. Kelley (U.S. Navy Nurse Corps). He was born in California while his parents were on active duty there in 1945 and later moved to Hingham where he attended school. The family was a summer resident of Boothbay Harbor, Maine.

Mr. Kelley continued his education at the University of Miami in Coral Gables, Fla., after being discharged from the U.S. Army.

After serving in Korea and discharged, he continued his education at Northeastern University obtaining degrees in computer engineering, both hardware and software. Upon graduation, Mr. Kelley worked for several computer companies and became a contact for President Jimmy



FORBES W. KELLEY JR.

Carter for computer problems. Later he attended Harvard where he earned several degrees in environmental and economic areas. He joined the American Legion and was a member of the Harvard Club of Boston and Harvard Faculty Club.

Mr. Kelley was predeceased by his parents and survived by his cousins.

Memorial donations may be made to the Ronald McDonald Home.

Memorial services are not planned at this time.

Arrangements were made by Downing Cottage Funeral Chapel, Hingham.

Dianne Platt, 74

Dianne Platt, age 74, of East Bridgewater, formerly of Quincy, died Aug. 30.

Loving daughter of the late Eunice and Albert Platt; survived by her brother Dennis Platt and wife Sharon, niece Kristen and husband

Seth Jodwin and their three children, all are in Connecticut; loving godmother of Derek Nelson of Hingham and her dear friend for 52 years, Karen Nelson of East Bridgewater.

Ms. Platt was born April 20, 1946 in Manchester, Connecticut. She graduated from Eastern Nazarene College in Wollaston and spent her life in music as a vocalist, organist, choir director, and piano teacher in Quincy and surrounding towns.

Private interment in East Cemetery, Manchester, Conn.

Funeral arrangements were made by Quealy and Son Funeral Home, Abington.



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OBITUARIES

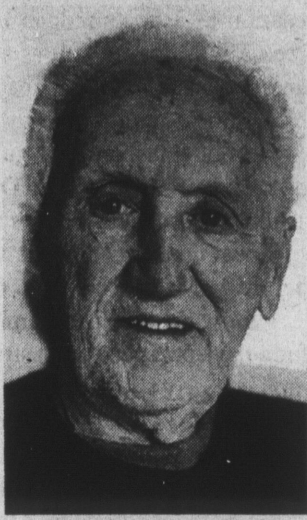
Anthony Balzano, 86

A funeral Mass for Anthony Balzano, Quincy Police Department, Retired, of Quincy was celebrated Wednesday in St. Joseph Church, Quincy.

Mr. Balzano died Sept. 12 at age 86.

Born in Naples, Italy he lived most of his life in Quincy. He was a Korean War veteran, U.S. Navy, and worked as a police officer for the Quincy Police Department.

The son of the late Ciro and Antoinette (Belfura) Balzano, Mr. Balzano was one of 13 siblings. The beloved husband of Mary F. (McLaughlin) Balzano, he was the loving father of An-



ANTHONY BALZANO

thony Balzano and his wife Helen of Medford, Cheryl Rutledge of San Diego, Ellen Henson and her husband Peter of Weymouth,

John Balzano and his wife Christine of Hanover, Robert P. Balzano of Quincy and Thomas Balzano of Quincy; dear grandfather of Alex, Drew, Madeline, Patrick, Matthew, Jenna, Anthony, Zachary and Annabelle; and is also survived by many nieces and nephews.

Interment with Military Honors at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Alzheimer's Assoc. 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601, alz.org.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

John A. Tangherlini, 84

John A. "Snooky" Tangherlini, age 84, of Weymouth, died peacefully Sunday at the New England Sinai Hospital in Stoughton, surrounded by his loving family.

He was born in Quincy, to the late Corado and Nina (Sammartano) Tangherlini. Raised and educated there, Mr. Tangherlini was a graduate of Quincy High School, Class of 1954. After high school, he enlisted in the United States Army and served for three years during the Korean conflict. When Mr. Tangherlini returned home, he graduated from Northeastern University in Boston. He had lived in Weymouth for most of his life.

Mr. Tangherlini worked as a mechanical engineer. He began his career with the Foxboro Company in Foxboro for twenty-five years and then continued with the Boston Pipe Company in Somerville for twenty-three years.

Mr. Tangherlini was an



JOHN A. TANGHERLINI

avid sports fan and athlete. He played football in high school and enjoyed supporting the New England Patriots. Most of all, Mr. Tangherlini loved and was devoted to his family, especially his grandchildren, proudly supporting their accomplishments.

Beloved husband for sixty years of Anna E. (Quintiliani) Tangherlini, the love of his life and best friend. Devoted father of Jayne M. McKenna of Weymouth, John A. Tangherlini, Jr. and his wife Ann of Rockland, Robert P. Tangherlini and

his wife Kathy of Cohasset, and Mark D. Tangherlini of Weymouth. Loving grandfather of Alida, Jessica, Marissa, Nickolas, and Daniel. Dear brother of Anna Barnes of Marco Island, Fla., Marie Long, and Eleanor Pompeo, both of Weymouth. He is also survived by several nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Wednesday from 4 to 6 p.m. Relatives and friends are invited to attend.

A funeral Mass will be celebrated in Saint John the Baptist Church, Quincy, Thursday at 10 a.m.

Interment, with military honors, to follow at Old North Cemetery, Weymouth.

Services are operating in accordance with current guidelines.

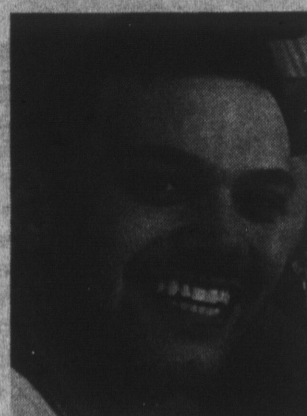
Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Cameron C. Nohmy, 24

Cameron C. Nohmy, age 24, of Milton passed away suddenly September 12 at Boston Medical Center.

Born in Natick, he was raised in Milton, and graduated from Milton High School where he played football. Mr. Nohmy was a proud member of Laborers' Local 22, Boston, for several years. He enjoyed spending time with his family and playing video games.

Beloved son of Beth Ann (Jackman) Nohmy-Johnson of Milton/Mashpee and the late Charles G. Nohmy. Step-son of Martin Johnson of Milton/Mashpee. Loving brother of Jessica M. Nohmy of Milton and the late Anjelica Mersereau. Grandson of Frances Jackman (Carey) of Roxbury. Nephew of Robert Jackman of OR, Julia



CAMERON C. NOHMY

Jackman of OR, and the late Michael Jackman. Cousin of Rowan and Rylan Jackman of OR, Terry Bebis of Lancaster, Pam Rihbany-Nugent of LA, Ernie Khirallah of CA, Emil Rihbany of

NC. He is also survived by his best friend Emma Kelly of Milton and his mentor and friend Joe Canonico of Weymouth and a large circle of friends.

Visiting hours at the Alfred D. Thomas Funeral Home, Milton, Friday from 4 to 8 p.m. Due to the current Covid-19 restrictions only 25 guests are allowed in the funeral home at a time, masks are required, and guests should bring their own pens to sign the register book.

A graveside service will be held at a later date to be announced.

Donald Scott Deware, 60

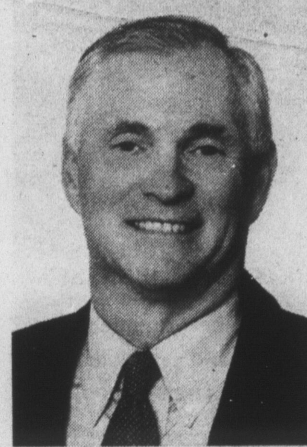
Donald Scott Deware, 60, of Easton, formerly of Hingham, died Aug. 27 after a lengthy battle with cancer.

Born in Quincy, Mr. Deware attended Derby Academy, Thayer Academy and Hingham High School. He is a graduate of New England Institute, Mount Ida College, Newton, and received a degree in business management and the applied arts and sciences.

A family member of Deware Funeral Home in Quincy, as a funeral director he performed several roles during four decades of commitment: president, Deware Family Funeral Homes, Quincy; director of marketing and events, Affiliated Family Funeral Homes of New England (comprised of over ninety affiliated funeral homes in the Northeast United States and Eastern Canada and a subsidiary group of Service Corporation International (SCI) the world's largest funeral service provider). Through SCI, Mr. Deware was especially proud of his roles as the New England director and coordinator, "Escape School," a child abduction prevention program and the New England director and coordinator, "Smart and Safe Seniors," a senior citizen safety program. In this role, he personally provided presentations on staying safe and what to do if abducted or in an emergency.

The last several years have seen Mr. Deware concentrate on developing his motorsports business merger, acquisition, and investment. He was a board member and partner, Sport Jet, LLC, is a startup private light jet company located in Colorado Springs, CO and a partner, Heritage Motorsport, LLC, a UK-based company specializing in the development of motorsports virtual reality entertainment.

Mr. Deware was married to the late Melanie Jane (Lyons) Deware for eighteen years. When they moved to Easton, they purchased the oldest house in the town, the 1717 Josiah Keith House. He described the project as a real "love-hate relationship," restoring the property with historical accuracy into a home both warm and educational. Melanie passed away in 2013 and during their years together they raised three girls, enthusiastically and tirelessly supporting all school and outside activities. There thousands of miles in support of participation in the American Powerboat Racing Association New England, South Shore Outboard Association, Northeast Junior



DONALD SCOTT DEWARE

Hydroplane Racing Championships and Ski Racing competitions. Mr. Deware personally built several of the hydroplanes the girls raced and put a go-kart track to race in their backyard. A professional ski instructor, Mr. Deware shared his love of skiing. The girls became "Junior Ski Instructors" and he watched proudly as they all earned trophies in endless racing competitions. Mr. Deware also played ice hockey as a goalie throughout his life and was a goalie coach for the Providence College Women's Hockey Team in the late 1970s-early 1980s. His goalie career culminated when he played semi-professional ice hockey participating in many charity hockey games with NHL "Old Timers" and Hall of Fame players.

A former champion powerboat and auto racer, Mr. Deware won his first professional race at the age of seventeen. By the age of twenty he was already an international champion and racing veteran. During his racing career Mr. Deware won five US National Championships and one in Canada, over fifty races and championships on the water and over twenty races on dry land. During this time, he raced with NASCAR, Grand American Road Racing Association (Rolex Series), Sports Car Club of America, International Formula One Powerboat Association, International Outboard Grand Prix, FONDA, and the American Powerboat Association.

Mr. Deware was a 28-year member of Rural Masonic Lodge, member of Delta Lodge, past patron of Wollaston Order of Eastern Star, member of St. Chrysostom's Episcopal Church in Quincy. He was a member of Kiwanis International, Wollaston Council United Commercial Travelers, Table Grotto of Quincy, and Massachusetts Lodge #1 IOFF. He was a tireless supporter of many organizations and founded and chaired organizations including: the Mary Martha Residential Learning Center (co-founder), Shriner's Burns Hospitals, The Dream

Car Foundation, The Esther Sanger Center for Compassion, The Quincy Crisis Center (past president), The Way Up Youth Program, The Committee for Immigrants and Refugees, and other organizations focused on helping children and those in need. Scott and Melanie both dreamed of creating an organization that would be able to provide a real racing experience to physically and emotionally challenged children. When the #18 NASCAR BUSCH Grand National North Series replica of Mr. Deware's actual #18 NASCAR BUSCH Grand National North Series competition car made its debut it was complete with a custom passenger door and a seat that swiveled out so that a child could be placed in the car. For several years the Dream Car Foundation fulfilled the dreams of boys and girls around New England by providing a full day at the track as a real team member highlighted by a solo ride in the Dream Car driven by Mr. Deware.

He is predeceased by his wife Melanie Jane (Lyons) Deware, and his parents the late Donald M. Deware and the late Mary E. Deware of Quincy. He is survived by his children, Lily, Bethany, and Eden. Brother of Captain Jacklyn Deware Gallagher, USN, Retired, her husband Captain Paul C. Gallagher, USN, Retired, of Florida and nephew Chandler Scott. Son in law of John (Jack) and Charlotte Lyons of CT; Brother in law of Michael Lyons, his wife Cheryl, Nicholas and Marisa of SC; Jay Lyons, his wife Charlene, Anthony and Jason; Erik Lyons, his wife Pamela, Brayden and Selby of CT, Patrick Lyons, Jack and Gracie of NH.

Mr. Deware passed away surrounded by family. Just several days before he said he wanted a celebration of this incredible life, sitting where he loved, around the backyard firepit, while telling stories, laughing, singing along with old classic rock songs and lighting off fireworks.

As he requested, a "Celebration of Life" will take place on Oct. 3, complete with music and a photo collage video highlighting his life, with his wife Melanie and family, and special memories. Event Link: docs.google.com/forms/d/1Vwd1DXrFA_5AvdJHn54U0Ls8JdGm758u-YyM_bH-PG5E/edit?usp=sharing_eip&ts=5f57ce43.

Funeral arrangements were made by Deware Funeral Home, 576 Hancock St., Quincy.

More Obituaries On Page 24 and online: www.TheQuincySun.com

Shirley F. Hennessey, 94

Shirley Frances (Malo) Hennessey, of Quincy, and formerly of Medford, died peacefully on Sunday, at the Care One in Weymouth. She was 94.

Born in Augusta, Maine on July 29, 1926, she was raised in Medford and was the daughter of the late Victor and Angelina (Breton)



SHIRLEY F. HENNESSEY

Malo, she attended local schools and graduated from Medford High School with

the Class of 1944. She continued her education and later earned an Associate's Degree in business. Mrs. Hennessey worked for the Liberty Mutual Insurance Agency in Hingham as a customer service representative. She enjoyed her career and the relationships she built throughout the years. Mrs. Hennessey happily retired in 1992 to spend more time with her family.

In her spare time, Mrs. Hennessey enjoyed traveling all over the world. She and her husband enjoyed planning trips to see new places and experience different cultures. When their family was young, they always planned a summer vacation to different places around the country. Mrs. Hennessey was also an active member in St. Ann's Parish. She and her husband were members of the St. Ann's Couple's Bowling League as well as St. Ann's Couple's Dancing. Mrs. Hennessey was also a member of the Kilties Bowling Team at Wollaston Boulevard Bowldrome. She also enjoyed sewing and cooking. Mrs. Hennessey was an outgoing person who loved animals and cats especially. She was a kind and loving person who will be missed by all the lives she touched.

She was the beloved wife of the late Robert F. Hennessey, who died in 1999. The two were married in Medford and together they shared many loving years of marriage. She was the devoted mother of Geoffrey M. Hennessey and his wife Marguerite of Quincy. Shirley was the loving grandmother of Zed Hennessey of Quincy, the late Rebecca Hennessey, James Neal and his wife Tina of Quincy, Michael Neal and his wife Danielle of Quincy, Caitlin Walsh and her husband Aidan of Quincy. She was the loving great grandmother of Avery Neal of Quincy, Piper Neal of Quincy, Wilow Neal of Quincy, Rosalie Neal of Quincy, J.D. Neal of Quincy, Tara Walsh of Quincy, Maggie Walsh of Quincy and Eileen Walsh of Quincy. She was the dear sister of the late Russell Malo.

Funeral services will be celebrated privately. Mrs. Hennessey will be interred in Massachusetts National Cemetery, Bourne.

Memorial donations may be made to Learn To Cope, for substance abuse, 4 Court St., Suite 110, Taunton, MA 02780.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

School's Open: Drive, Ride, Bike Walk Carefully

AAA Northeast is reminding students and drivers to use caution as schools reopen for the 2020-2021 year. An increase in traffic as well as an increase in child pedestrians and cyclists require patience, defensive driving skills, and mindfulness for all roadway users.

School transportation guidelines have changed as recommendations from the CDC include social distancing on school buses which reduces the number of riders.

Local motorists must be vigilant, especially in the hours before and after school and follow the tips below:

- **Slow down.** Speed limits in school zones are reduced for a reason. A pedestrian struck by a vehicle traveling at 25 mph is nearly two-thirds less likely to be killed compared to a pedestrian struck by a vehicle traveling just 10 mph faster.

- **Come to a complete stop.** Research shows that more than one-third of drivers roll through stop signs in school zones or neighborhoods. Always come to a complete stop, checking carefully for children on sidewalks and in crosswalks before proceeding.

- **Eliminate distractions.** Research shows that taking your eyes off the road for just two seconds doubles your chances of crashing. Children can be quick, crossing the road unexpectedly or emerging suddenly between two parked cars. Reduce risk by not using your cell phone.

- **Reverse responsibly.** Every vehicle has blind spots. Check for children on the sidewalk, in the driveway and around your vehicle before slowly backing up. Teach your children to never play in, under or around vehicles.

- **Watch for bicycles.** Children on bikes are often inexperienced, unsteady and unpredictable. Slow down and allow at least three feet of passing distance between your vehicle and a bicyclist. If your child rides a bicycle to school, require that he or she wear a properly fitted bicycle helmet on every ride.

- **Talk to your teen.** Car crashes are the leading cause of death for teens in the United States, and nearly one in four fatal crashes involving teen drivers occur during the after-school hours of 3 p.m. to 7 p.m.

To support students who will be walking to school, communities can consider organizing or participating in a walking school bus program in neighborhoods that have infrastructure conducive to pedestrian traffic. Adults or older students trained in pedestrian safety, such as AAA School Safety Patrols, can lead groups of younger students to and from school each day. Students walk and cross streets together and "bus stops" are planned in advance to include all students who wish to participate.

"Parents and schools looking to start a walking school bus program in their neighborhood should start by conducting a walkability audit in their neighborhood by walking the route to the school from the starting point. This exercise rates the infrastructure for sidewalks, bike lanes, traffic calming devices and safety concerns regarding motor vehicle traffic," said Diana Gugliotta, Senior Manager of Public Affairs at AAA Northeast.

AAA recommends using the Safe Routes Audit Toolkit to get started. This and other resources for educators are available at www.AAA.com/Community.

Schools interested in beginning a safety patrol program at their school should visit www.AAA.com/safetypatrol to register and access training resources; materials are furnished at no cost to the school.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P1808EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Salvatore W. Arini

Date of Death:

April 24, 2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Laura Gustin of Quincy, MA requesting that the Court enter a formal Decree and Order as requested in the Petition.

The Petitioner requests that: Laura Gustin of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/07/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 31, 2020
PATRICK W. McDERMOTT
Register of Probate

9/17/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL APPOINTMENT OF SUCCESSOR PERSONAL REPRESENTATIVE

Docket No. NO18P2565EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

Effie Kalantzis

Date of Death:

June 25, 2018

To all interested persons:
A Petition has been filed by: Laura Menadue of Braintree, MA requesting that the Court enter a formal Decree and Order that

Laura Menadue of Braintree, MA be appointed as Successor Personal Representative(s) of said estate to serve Without Surety on the bond and for such other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 10/07/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 31, 2020
PATRICK W. McDERMOTT
Register of Probate

9/17/20

LEGAL NOTICE

CITATION Docket No. NO20P2024PO Commonwealth of Massachusetts The Trial Court Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

The Pascale Family Realty Trust

To all interested persons:
A petition has been filed by: Brenda Pascale of Littleton, MA

Requesting: Petition for Appointment of a Successor Trustee for reason more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 10/7/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia A. Gorman, First Justice of this Court.

Date: September 3, 2020
PATRICK W. McDERMOTT
Register of Probate

9/17/20

LEGAL NOTICE

CITATION Docket No. NO20P1931PO Commonwealth of Massachusetts The Trial Court Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

The Virginia Capilli Revocable Trust

To all interested persons:
A petition has been filed by: Rosalie Capobianchi of Rockland, MA

Requesting: Petition for Removal of a Trustee and Appointment of Successor Trustee for reasons more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 9/30/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia A. Gorman, First Justice of this Court.

Date: August 26, 2020
PATRICK W. McDERMOTT
Register of Probate

9/17/20

LEGAL NOTICE

LEGAL NOTICE

The Emergency Planning and Community Right to Know Act of 1986 (EPCRA), also known as the Superfund Amendment Reauthorization Act (SARA) title 111, Subtitle C, Section 324 specifies that Local Emergency Planning Committees provide chemical information submitted under law to the public for viewing. Section 324 also requires annual publication notice in a local newspaper of the ability of the public to view chemical inventory forms and other information submitted to Emergency Planning Committees by facilities possessing hazardous materials. The notice should specify the location of the information and the required procedures for viewing.

The Quincy Local Emergency Planning Committee (LEPC) has completed required annual Emergency and Hazardous Chemical Inventory (Tier II) reports for facilities located within the City of Quincy possessing reportable quantities of hazardous materials for the year 2019. The Quincy LEPC Hazardous Materials Response Plan and Tier II reports are available for public viewing at the City of Quincy Office of Emergency Management, located at One Merrymount Parkway, Quincy, MA. Requests to view these documents should be made in writing to: Mr. Ally Sleiman, Chair, Quincy Local Emergency Planning Committee, One Merrymount Parkway, Quincy, MA 02170.

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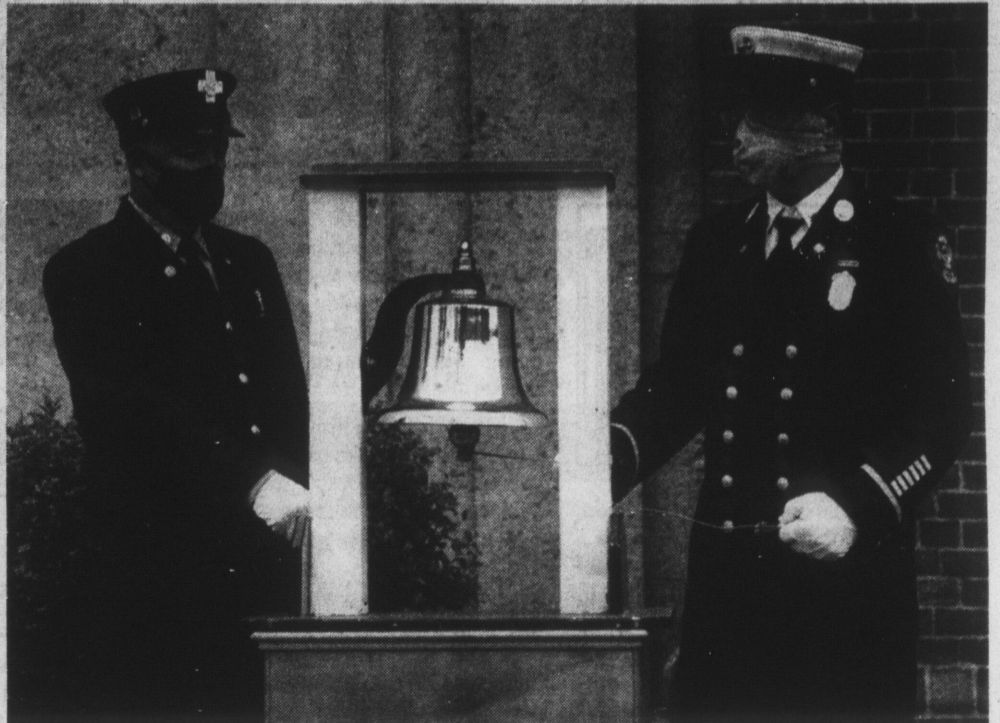
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Quincy Fire Holds 19th Anniversary 9-11 Ceremony



QUINCY FIRE CHIEF Joe Jackson salutes near the Firefighters Memorial at Quincy fire headquarters during a 9/11 ceremony on Friday, Sept. 11, the 19th anniversary of the 2001 terrorist attacks. The attacks killed early 3,000 people including 343 firefighters and 72 law enforcement officers



QUINCY FIREFIGHTERS Matt Keenan, left, and Lt. Ralph Blight toll the bell in honor of the 2,974 who died during the Sept. 11, 2001 terrorist attacks during a 9/11 ceremony Friday, Sept. 11, at Quincy fire headquarters.

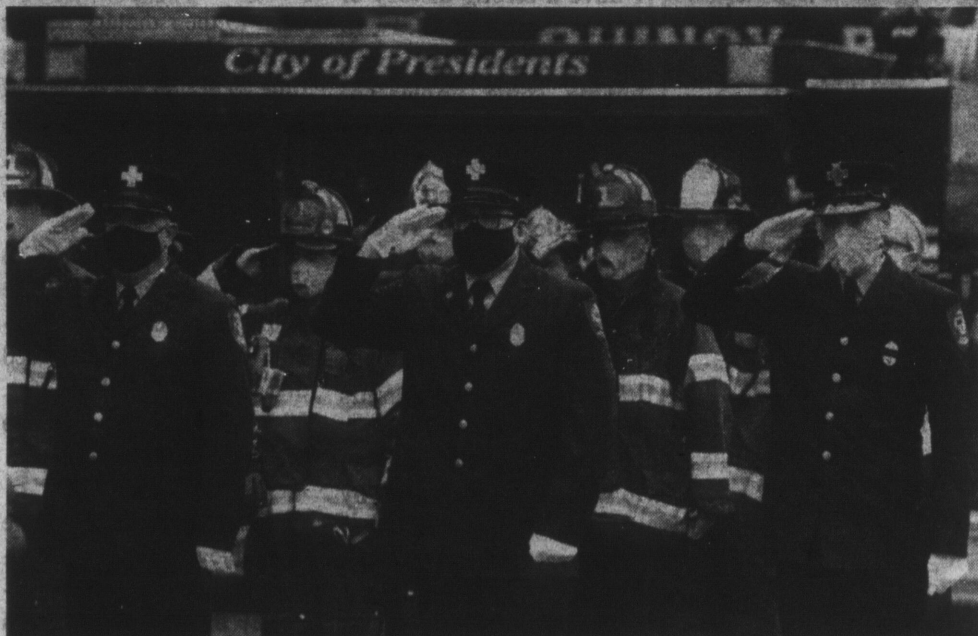
Quincy Sun photos/Tom Gorman



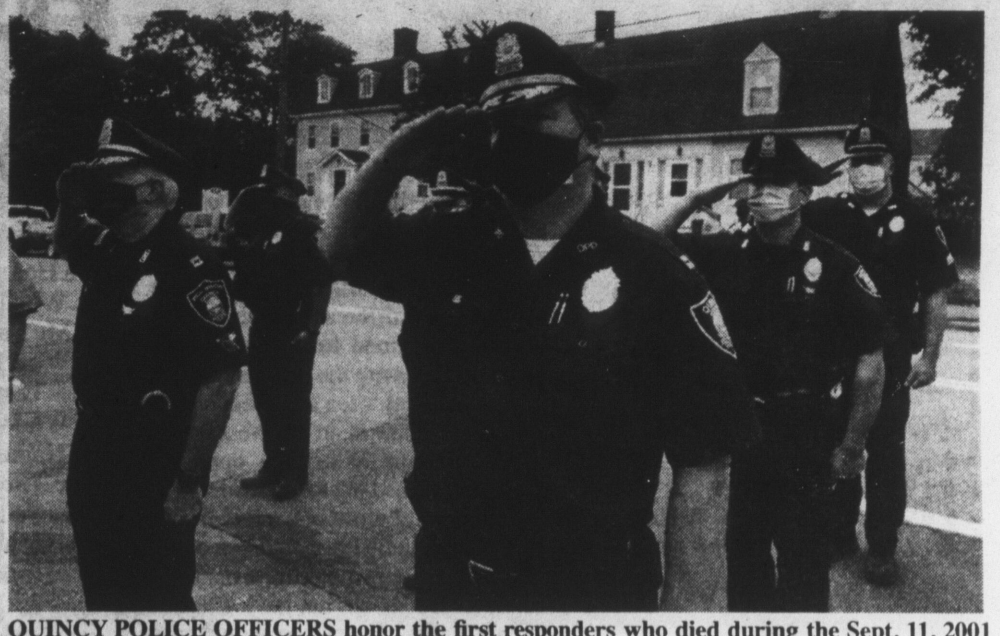
QUINCY FIREFIGHTER Steve Sweet plays bagpipes during the 9/11 ceremony.



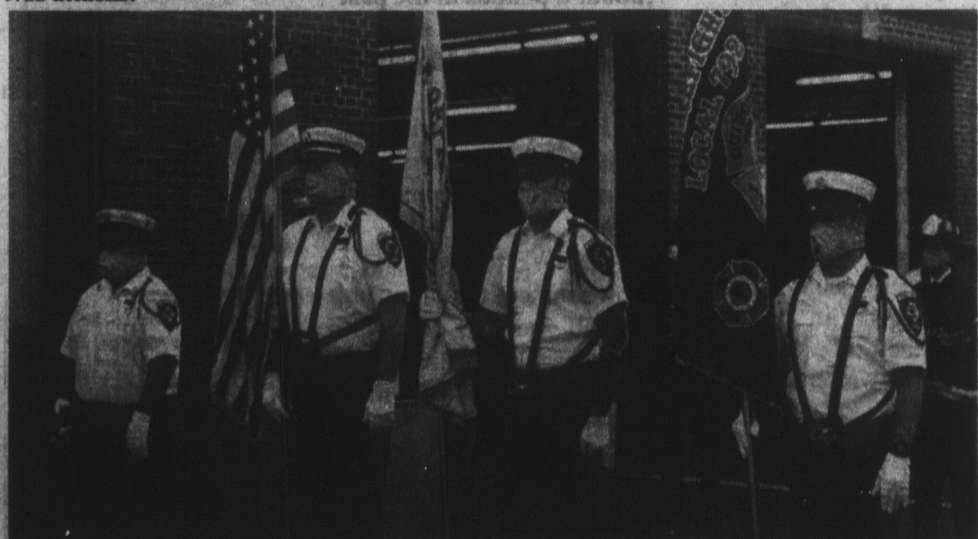
QUINCY FIREFIGHTER Andy Smith lowers the flag to half staff during the 9/11 ceremony at Quincy fire headquarters on Friday, Sept. 11, the 19th anniversary of the 2001 terrorist attacks.



QUINCY FIREFIGHTERS honor the more than 400 first responders who died during the 2001 9/11 attacks.



QUINCY POLICE OFFICERS honor the first responders who died during the Sept. 11, 2001 terrorist attacks.



QUINCY FIRE DEPARTMENT color guard stands at attention during the 9/11 ceremony.



ONLOOKERS HONOR those who died during the 9/11 terrorist attacks.

MORE SUN FUN

COUCH THEATER DVD PREVIEW

Grandparents don't get enough credit. Ideally, grandchildren come along at a time when a person is financially established and with enough leisure time to devote at least a portion of it to being truly present in the lives of their grandchildren — passing on a passion, providing a secure home base or just simply enjoying time spent together.

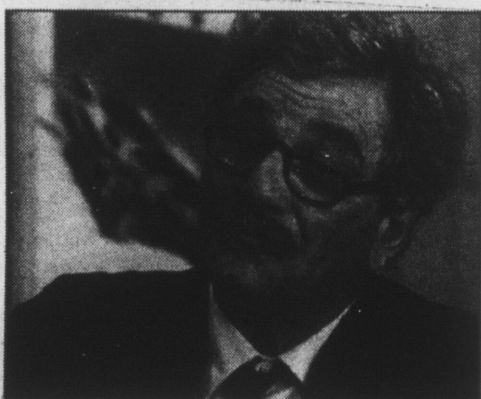
But that's not always the case. Many grandparents right now are playing a tremendously important role in caregiving while schools are closed or operating virtually. Other grandparents keenly feel the lack of time spent with the grandkids in areas where it's still necessary to keep your distance. In honor of Grandparents Day, here are a few phenomenal grandparents on film:

Moana — In this Disney classic, Moana is a young woman who must find the courage to let go of the safety of her island and strike out across the sea to track down a demi-god who can help her restore the heart of the ocean. And this despite the fact that her father forbids her to go near the water! Enter the free-spirited grandma, who encourages Moana to see who she really is inside: a brave and capable and determined spirit who is the only one who can save her family.

Willy Wonka & the Chocolate Factory — Legendary chocolate maker Willy Wonka hides five Golden Tickets in chocolate bars — the winners will receive a tour of his Chocolate Factory and a lifetime supply of chocolate! Poor Charlie Bucket — who finds one of the Golden Tick-

ets — is a sweet, devoted grandchild and chooses to bring his Grandpa Joe. As the pair follow the delightful and treacherous tour, Joe shows off the best of grandparenting skills: encouraging and advocating for Charlie at every turn.

Little Miss Sunshine — Little Olive isn't your typical beauty pageant contestant, but that doesn't stop her from declaring her desire for the Little Miss Sunshine title. Olive's family — mom, dad, brother, uncle — is dysfunctional, to say the least, and while her grandfather might have some problems of his own and lack proper judgment, he's there for Olive, coaching her and supporting her all the way.



20th Century Fox

Peter Falk in "The Princess Bride"

Parenthood — Jason Robards plays a patriarch to an ensemble of neurotic kids who are going through their own issues with parenting. The ensemble comedy is sweet and endearing, and all about the sacrifices and accommodations you make for your kids (and grandkids!).

The Princess Bride — OK, this movie is not about a grandparent, but who can leave out Peter Falk as Grandpa, who narrates the story of the swashbuckling, death-defying Dread Pirate Roberts and the true-hearted Buttercup? Not me.

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Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let's gather family and friends together for one last chance to have fun in the sun. We'll provide a tasty salad dish!

- 2 1/4 cups chopped fresh broccoli
- 1/4 cup raisins
- 1 cup unpeeled, cored and chopped Red Delicious apples
- 1/4 cup finely chopped red onion
- 1/4 cup bacon bits
- 1/3 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free mayonnaise
- 1 tablespoon white vinegar
- Sugar substitute to equal 2 teaspoons sugar

1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.

2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.

3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.

* Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

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1. What was the song "Billy, Don't Be a Hero" about?
2. Which artist had a hit with "Killing Me Softly With His Song"?
3. What were Dick Dale and the Del-Tones best known for?
4. Who was Bernard Webb?
5. Name the song that contains this lyric: "So you say that you can't go on, Love left you cryin', And you say all your hope is gone, And what's the use in tryin'."

Answers

1. The 1974 Paper Lace song was thought to be a plea to a fiancé not to fight in the Vietnam War, but it was a Civil War song.
2. Roberta Flack, in 1973. Helen Reddy turned the song down because she didn't like the title.
3. They started the wave of instrumental surfing music, highlighted by the heavy use of reverb, electric guitars and powerful amps. In time, other groups added lyrics, with the Beach Boys, and Jan and Dean heading the list.
4. Paul McCartney. He used the pseudonym when he wrote songs for Peter and Gordon.
5. "Time, Love and Tenderness," by Michael Bolton in 1991. It was co-penned by Diane Warren, known for writing hit songs that pull in the awards.

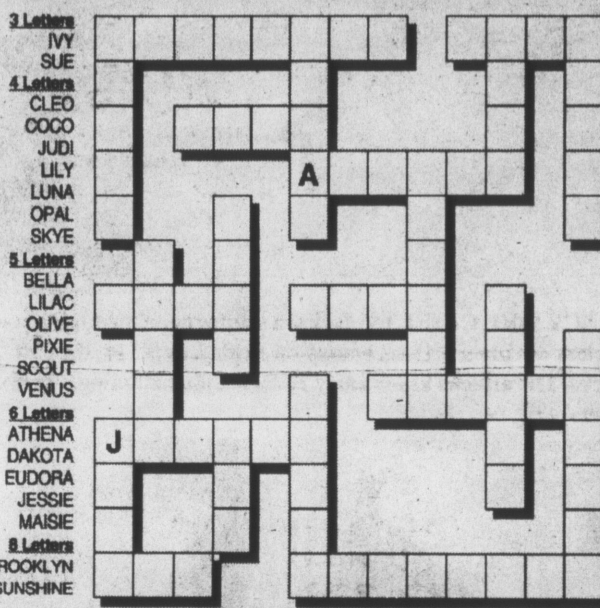
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Puzzles4Kids

by Helene Hovanec

CRISSCROSS - NAMES FOR GIRL DOGS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.



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Diet Is Powerful Tool To Boost Heart Health

DEAR DR. ROACH: I have a strong history of premature heart disease in my family, and I have been having some unpleasant side effects of blood pressure medicine. I decided to try a completely plant-based diet: grains, vegetables, legumes, fruit, seeds and nuts.

After about a month on the new diet, my total cholesterol dropped 44 points to 159, and the other numbers went from borderline to normal, as measured by my cardiologist. My blood pressure, which was often high in the mornings (typically 150+/90), was 118/68 this morning. I've only lost about 5 pounds in the past couple of months, and I'm probably still 8-10 pounds overweight.

I am pleased with the results, but why didn't any of my doctors recommend this? -- J.S.B.

ANSWER: Diet is a powerful tool for improving overall health, especially heart health. I believe it is underemphasized by most physicians.

Changing from a meat-based diet to a mostly plant-based diet often prompts improvements in blood pressure, cholesterol, and

weight. Your results are better than most, but by no means unheard of. You haven't said how you feel, but many people feel more energetic as well. Many others are able to come off of some (occasionally all) of their medications, which of course reduces side effects.

Why don't physicians recommend it? I think it's a combination of reasons. Some doctors don't realize how powerful the effects of dietary change can be. A good deal of patients are highly resistant to making changes, so physicians are used to their dietary advice failing. Also, taking the time to get an accurate diet history is hard, personalizing dietary advice is harder, and writing a prescription is easy.

It is not necessary to have a 100% vegan diet like yours to experience a benefit. A mostly plant-based diet has substantial benefits. It's easier for some people to make incremental changes.

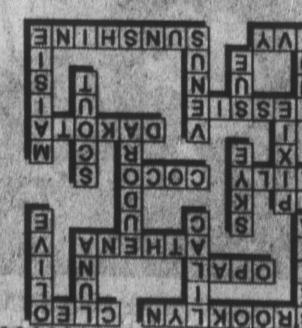
Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer



Contract Bridge

TIMING IS EVERYTHING

West dealer.

Both sides vulnerable.

NORTH

♦ K J 7 3
♥ 8
♦ K Q J 5 2
♣ K J 8

WEST

♦ A 10 9 2
♥ J 9 6 3 2
♦ 6
♣ 10 6 4

EAST

♦ 5 4
♥ K 7 5 4
♦ A 10 8 3
♣ 9 5 2

SOUTH

♦ Q 8 6
♥ A Q 10
♦ 9 7 4
♣ A Q 7 3

The bidding:

West	North	East	South
Pass	1♦	Pass	2NT
Pass	3♦	Pass	3NT

Opening lead — three of hearts.

Notrump contracts often feature a race between the defenders and the declarer for the establishment of tricks. That is why the opening leader usually leads his longest suit at the start of play.

The defenders have a built-in advantage because they get the jump on declarer in the race to develop tricks. If they have enough high cards and a sufficiently long suit, the tempo they gain on the opening lead frequently proves

to be decisive. But declarer can sometimes offset this advantage by choosing correctly which of his own long suits to play first. Here is such a case.

West led a heart, and South won East's king with the ace. Declarer then played a diamond to dummy's jack, taken by East with the ace. Back came a heart to South's ten and West's jack, and another low heart by West established his suit. When the opposing diamonds turned out to be divided 4-1, declarer could score only eight tricks, and he eventually finished down one.

However, South should have made the contract. He should not have attacked diamonds first. Instead, he should have crossed to dummy with a club at trick two and returned a low spade.

If East has the ace and takes it, South has nine tricks — three spades, two hearts and four clubs. And if East doesn't go up with the ace, South wins the spade with the queen, then shifts his attention to diamonds. After forcing out the ace, he again has nine tricks — one spade, two hearts, four clubs and two diamonds.

If West has the ace of spades, as in the actual case, he is stymied after he wins the spade queen with the ace. A heart return into the Q-10 hands South an extra trick, while any other return allows declarer to attack diamonds, assuring at least 10 tricks.

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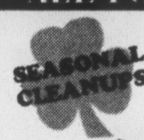



by Steve Becker


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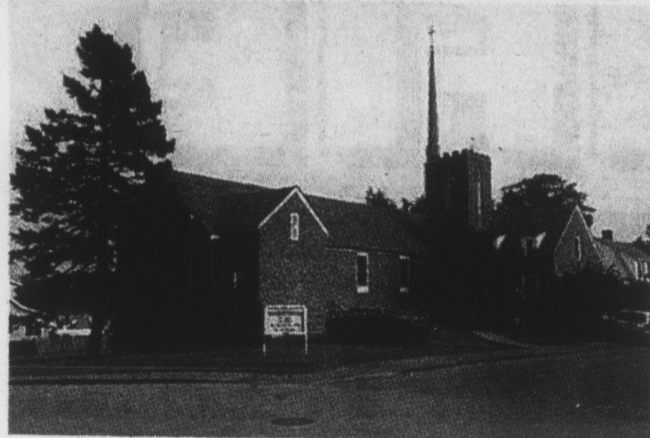
Squantum Church Breaks Ground On New Building Project

On Sunday, Sept. 20, the First Church of Squantum, 164 Bellevue Rd. in Squantum, is formally breaking ground for its new building project, enabling a four-year old vision of better welcome to begin becoming reality.

The Phase 1 renovation will include a new front entrance, all-new bathrooms, and new sound and technology for its community spaces.

"This history-making project will help us make our worship and community spaces more accessible and more accommodating," said Rev. Doug Gray, pastor at the First Church of Squantum. "This project is a sign of hope and growth for the whole neighborhood, that even in these crazy times, we can march forward in faith. We have been blown away by our community's support!"

The First Church of Squantum is one of the hubs of the Squantum community. In addition to its own ministries to the community—worship, Sunday School, Vacation Bible School, Youth Groups, Book Group, and Men's and Women's Breakfasts, for example—the church engages in a wider mission. Over the years, First Church has opened its doors to groups like Boy and Girl Scouts, the Brady Irish Step Academy, Awakening Spirit Yoga, church basketball leagues, music and arts groups, community classes, fruit and vegetable co-ops, other churches in need, and the Squantum Community Association. The church has made efforts to contract lo-



THE FIRST CHURCH of Squantum, 164 Bellevue Rd.

Photo Courtesy First Church of Squantum

cally for this project.

This building project is the first phase of a larger vision to improve all of the church's spaces.

Rev. Gray explained, "We began the visioning process in the Fall of 2016 with a simple question: What changes would have the highest impact for God on the lives of people in our community?" The following Spring, the First Church of Squantum kicked off "Impact Squantum," an effort to reach into the community more intentionally with listening, communication and fellowship events. "Our goal," says Gray, "is to weave more grace into the fabric of our community. Now is our time to set up the next generation for life-changing ministry."

The First Church of Squantum is a member-run, member-owned Congregational Church of the National Association of Congregational Christian Churches. From its beginning, in 1914, the First Church of Squantum was about building and reinforcing community. The church began with people of many Christian back-

grounds—Methodist, Congregational, Presbyterian, Swedish Free—coming together with community members to build the church they believed God wanted them to have—a place for worship, for their kids to learn about God, and for neighbors to gather.

Rev. Thomas Davison, the founding pastor, famously said, "Squantum is without a hall of any kind, and its social activities have been stunted for this reason. The fact that the Community Hall is separated from the church proper and its religious work, will tend to make the Community Hall available for...the best interests of Squantum."

In 1949, the faithful of Squantum once again tackled a major challenge—adding classroom and office spaces for the exploding church-going community. The mortgage was retired in two years!

In 2013, the First Church of Squantum called Rev. Doug Gray to be its pastor and live in the neighborhood with his family. In 2014, the church celebrated its 100th Anniversary.



ARTIST'S RENDERING of the new entrance at First Church of Squantum. On Sunday, Sept. 20, the church is breaking ground on its new building project. The Phase 1 renovation will include a new front entrance, all-new bathrooms, and new sound and technology for its community spaces.

Courtesy of Hal Marcheski of Hal March Assoc.



LAYING THE CORNERSTONE for the 1949 addition to the First Church of Squantum, with Rev. Walter Lounsbury.

Photo Courtesy First Church of Squantum

Falls Prevention, Stress Management Online

The Crane Public Library invites the public to attend any or all of the sessions in a four-part program that teaches and empowers aging adults and those who

care for them with skills and ideas that decrease falls and increase independence.

This evidence-informed program will discuss practical and proven exercises that

promote health and well-being. Each 90-minute online session will build upon the previous one(s) to deepen the aging strong experience, but participants can attend any or all, depending upon availability. They will be recorded for later viewing and sharing and made available on the library's YouTube channel.

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for this engaging and valuable program. All the sessions begin at 10 a.m.

- Sept. 22: exercises that strengthen the body.

- Sept. 29: skills that help with coordination, memory and stress reduction.

- Oct. 6: communication skills that build confidence when talking with medical specialists.

- Oct. 13: Combine new skills to create a practical plan to age stronger.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

The program can also be viewed on the Crane Library's YouTube channel and on our Facebook page.

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